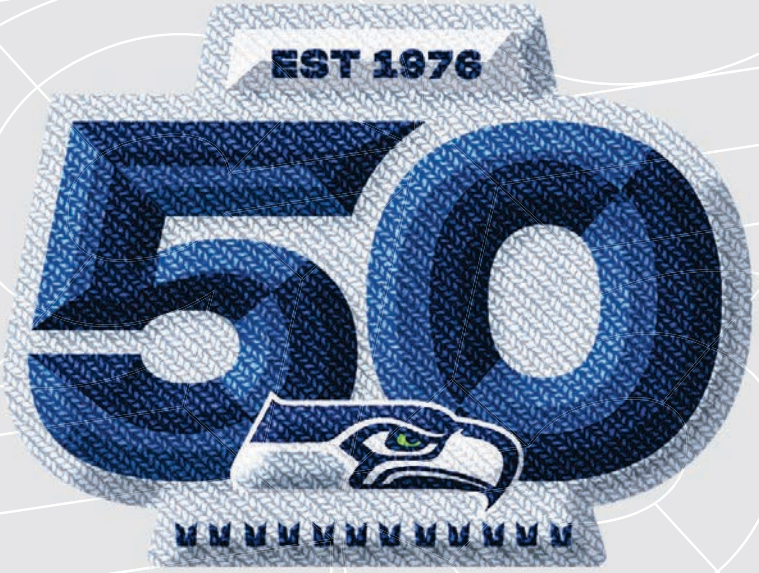
2025 SEASON // SEATTLE SEAHAWKS



MEDIA GUIDE

DEVON WITHERSPOON
CB

2025 SCHEDULE

PRESENTED BY DELTA

HOME
AWAY

1	2	3	TNF 4	5	6	MNF 7	8	SNF 9
SEPT 7 1:05PM	SEPT 14 10AM	SEPT 21 1:05PM	SEPT 25 5:15PM	OCT 5 1:05PM	OCT 12 10AM	OCT 20 7PM	BYE	NOV 2 5:20PM

10	11	12	13	14	15	TNF 16	17	18
NOV 9 1:05PM	NOV 16 1:05PM	NOV 23 10AM	NOV 30 1:05PM	DEC 7 10AM	DEC 14 1:25PM	DEC 18 5:15PM	TBD	TBD

COMMUNITY IMPACT

YOUTH EMPOWERMENT

12 PAGES SUMMER READING

12 Pages Summer Reading program presented by PEMCO had over 1,100 youth reading over 797,801 minutes combined. The top reader was recognized on the field during the Browns game and received a special Blitz visit at their school. Through the PEMCO & YouGiveGoods Supply Drive, collected 2,779 school supplies, including 571 books for over 5,000 students in 12 Washington schools.

12 PAGES READING VISITS, PRESENTED BY PEMCO

A year-round literacy campaign that brings Seahawks Legends, Blitz, and Dancers to elementary schools to read to students and distribute free books. Visits focus on making reading fun and accessible, with hundreds of students participating at each school.

CHARACTER PLAYBOOK

A character education program that supports social-emotional learning for middle school students in partnership with EVERFI. Celebrated standout participants with visits from Seahawks players, Legends, and Dancers to recognize their achievements.

HAWKS ON THE YARD

A college and career readiness initiative focused on empowering minority students. Launched with a player-led panel discussion and will include an HBCU campus tour in partnership with UNCF to promote access and opportunity in higher education.

GAME CHANGERS, PRESENTED BY BECU

The Seahawks launched the Game Changers program in partnership with RISE and BECU. Each week, 50 youth from Boys & Girls Clubs of King County participated in leadership, DEI, and social justice programming. The initiative also included financial literacy training at BECU, a special gameday celebration, and $5,000 scholarships awarded to two standout students.

NATIONAL GIRLS & WOMEN IN SPORTS DAY

An empowerment initiative celebrating young girls in sports. Seahawks Dancers visited the Boys & Girls Clubs of King County to promote confidence, participation, and representation in athletics.

BACK TO SCHOOL BLITZ

A high-energy pep rally campaign held at local middle schools to celebrate the return to school and kickoff of the NFL season. Events featured Seahawks Legends, Blitz, Dancers, Blue Thunder, and interactive fan experiences.

STEM CARE PACKAGE DRIVE

Built and distributed 500 STEM care packages through local schools. Lumen volunteers also facilitated hands-on STEM activities at Chief Sealth High School.

TEE HAWK, IN PARTNERSHIP WITH SAFEWAY

A feel-good game day experience where one deserving child retrieves the kicking tee on the field. Honorees have included cancer survivors, young fundraisers, and youth athletes, celebrating their strength and contributions.

MENTAL HEALTH MATTERS

The Seahawks are committed to destigmatizing the conversation around mental health by spreading awareness on the topic, providing necessary resources, positively engaging with our community, amplifying the voices of experts in this space, and encouraging all people to nurture their mental wellness every day. The year-long initiative included:

- Team Clinician Roy Fisher and LB Boye Mafe participated in a panel discussion at Nelson Middle School in partnership with the Family First Community Center and Healthpoint.

COMMUNITY RESPONSE

- Blitz and WR Jake Bobo awarded $10,000 in scholarships to two University of Washington students pursuing their Master's in Applied Child and Adolescent Psychology.
- In collaboration with the Seattle Sports Commission and other local teams, the Seahawks hosted a citywide conversation with the U.S. Surgeon General addressing mental health and the epidemic of loneliness and isolation.
- The team partnered with the Pro Football Hall of Fame for the Strong Youth Strong Communities summit, where Legends Ben Obomanu, McClendon Curtis and Raiqwon O'Neal emphasized the importance of prioritizing mental wellness.

SWANSON GARDEN GRAND OPENING

Celebrated the launch of a new garden at Twin Lakes Elementary, built in partnership with Swanson's Nursery to promote sustainability and hands-on learning.

YOUTH EKG SCREENINGS

In partnership with Virginia Mason Franciscan Health and the Nick of Time Foundation, provided free heart screenings and CPR/AED training for over 700 youth and families at the Virginia Mason Athletic Center.

DELTA COMMUNITY CAPTAIN

The Seahawks and Delta Air Lines have teamed up to recognize individuals and organizations making a difference in the Seattle community. Honorees are named Delta Community Captains to spotlight their leadership, values, and positive impact across the Pacific Northwest. Captains are surprised and celebrated for their efforts in fields such as education, youth empowerment, military service, and social justice.

2024 Honorees included:

- Crystal Dixon – Director of Strategic Impact at Pike Place Market Foundation
- Dr. Quinton Morris – Seattle Symphony, for advancing youth education
- Luke Michener – Bellevue High School educator, for experiential learning leadership
- Corporal Miller – Marine Toys for Tots, for military and holiday service
- Yaoyao Liu – Seattle Art Museum, for advancing equity in arts education
- Scooter Lewis – Permission to Start Dreaming Foundation, for veteran mental health advocacy

EARTH DAY

Partnered with Coca-Cola for a beach cleanup at Golden Gardens Park with appearances by Blitz and the Coca-Cola polar bear. Also included a youth football activation at Concord Elementary with the King County Play Equity Coalition.

BLOOD DRIVE AT LUMEN FIELD

Hosted in partnership with American Red Cross and Delta Air Lines, the Seahawks organized a blood drive featuring appearances from Blitz, S Julian Love, and Legend Marcus Trufant. The event brought in 55 donors and supported ongoing health needs across the region.

COMMUNITY RESPONSE

SEAHAWKS HOLIDAY CHEER

Included:

- In partnership with Safeway, Seahawks Dancers participated in the Friends of the Children Friendsgiving event and provided suite tickets as prizes for their vibe bingo activity.
- TE Pharaoh Brown hosted a turkey giveaway at the food bank at St. Mary's Hospital.
- To celebrate Thanksgiving, QB Geno Smith held his annual Turkey Drive giving away meals and Safeway gift cards to families.
- T Charles Cross and Blitz joined Delta for their annual Holiday in the Hangar event spreading holiday cheer for families from South Seattle's YMCA.
- Rookies visited a local Safeway and surprised shoppers with gift cards to pay for their groceries.
- TE Pharoah Brown partnered with Pay Away the Layaway by surprising families by paying off their holiday and back-to-school layaway balances.
- QB Geno Smith, Blitz and Seahawks Dancers visited patients at Seattle Children's and provided holiday gifts.
- WR Jaxon Smith-Njigba visited patients at Harborview Medical Center spreading holiday cheer.
- LB Uchenna Nwosu hosted a coat drive at Treehouse in Seattle.

MAKE-A-WISH

Granted wishes for four children with activities including visits to VMAC, a welcome dinner with Legend Doug Baldwin, stadium tours, and gameday experiences.

ALASKA COMMUNITY TOUR

A multi-stop tour including visits to children's hospitals, football camps, cultural exchanges, and fundraising events — raising over $100,000 for Kicks4Kids and engaging over 100 youth in flag football.

TOYOTA X INVESTED

Presented a $5,000 donation to support student needs through the False Starts Community Program.

PROJECT 100

Donated $15,000 to help install AEDs in public parks. Celebrated with a ribbon-cutting at Crestwoods Park.

50/50 RAFFLE PROGRAM, PRESENTED BY STARBUCKS

In its third year, the 50/50 raffle raised record-breaking funds with over a 20% increase from 2023. Proceeds supported 12 Spirit of 12 Partners.

Highlights:

- $1.1M donated to Spirit of 12 Partners
- 581 total volunteers
- Beneficiaries: American Cancer Society, Camp Korey, Community Passageways, Compass Housing Alliance, Girls on the Run Puget Sound, NAMI Seattle, NW Harvest, Outdoors for All, Seattle Out & Proud, Task Force 12, Virginia Mason Franciscan Health Foundation, YMCA of Greater Seattle

COMMUNITY RESPONSE

SERVICE & VOLUNTEERISM

- One Seattle Day of Service: Joined Mayor Bruce Harrell's citywide volunteer effort with Seahawks staff and Legend Cliff Avril.

- Teammate Day of Service: Teammate Day of Service: Over 150 teammates and partners volunteered at five locations: Woodland Park Zoo, Rainier Beach Urban Farm, Odessa Brown Children's Clinic, The Salvation Army, and Seattle World School.
- Intern Day of Service: Seahawks and FGI interns volunteered with Habitat for Humanity for the Veteran's Build Project.

TEAM OF CHAMPIONS, POWERED BY BOEING

Nine organizations were recognized for their community work and received tickets to Seahawks home games, a visit from Legend Marcus Trufant, co-branded Seahawks and Boeing giveaways and were recognized in-game. The 2024 organizations were:

- American Red Cross
- WA State Boys and Girls Club
- Girl Scouts of Western WA
- Nineline Veteran Services
- Volunteers of America
- NW Region
- Earth Gen
- Housing Hope
- Path with Art
- Cocoon House

SEAHAWKS COMMUNITY, PRESENTED BY SAFEWAY

Announced that Safeway will expand its long-standing partnership with the club to include enlistment of the team's community activities throughout the year, a Safeway patch on community jerseys worn by players and legends at events and Safeway will serve as the presenting partner of the team's new Seahawks Community Awards launching this season.

HOME TEAM SUMMER & HOME TEAM HARVEST

In partnership with Safeway and KING5, provided over 38,000 meals to Northwest Harvest through Home Team Summer and Football Fest food drive. Raised over 1.5 million meals through gameday food drives and donations for Home Team Harvest.

SEASON TICKET HOLDER DONATIONS

Announced a donation of $12,875 combined to Women's Sports Foundation and Soldiers to Sidelines as a result of 515 Season Ticket Holders who chose to forego receiving their annual kickoff gift and instead had the Seahawks donate on their behalf.

TRAINING CAMP

At Training Camp this year, 180 volunteers from our Spirit of 12 Partners raised over $10,000 through yearbook sales across nine practices. We engaged with 28 non-profit and community groups through Community Corner, Spirit of 12, and non-profit booth activations. Over 5,100 tickets were donated to community groups in total. More than 600 kids participated in our Seahawks Flag Football Skills & Drills Clinic with 15 youth football teams from both the tackle and flag space creating player walk out tunnels before each practice. USAA hosted Military Day on the Patio and the Blue Angels and Army Rangers also visited with the team, and had 17 Legends appearances where they engaged with fans, signed autographs.

MILITARY COMMUNITY

SALUTE TO SERVICE

As part of the NFL's Salute to Service initiative, the Seahawks proudly honored active-duty service members, veterans, and their families through a series of impactful engagements. On October 7, the team hosted over 75 U.S. Army members and their families from Joint Base Lewis-McChord for a reenlistment ceremony at Lumen Field. Later that month, they partnered with USAA to host JBLM's annual Change of Command ceremony, where Seahawks rookies, Blitz, DJ Supa Sam, and the Seahawks Dancers engaged with more than 300 service members, officially recognizing the U.S. Air Force as the honored unit of the season. On November 16, in collaboration with Delta and Starbucks, the team welcomed 100 military families to Lumen Field for a special Military Family Day, where Scooter Lewis of the PTSD Foundation was surprised with the Delta Community Captain award for his leadership with Task Force 12. The team also took part in a Military Family Day on a Marine Corps base in Hawaii, where Seahawks staff and performers engaged with local military communities and their children through games, giveaways, and Seahawks-branded experiences.

TICKET DONATION PROGRAM – VET TIX

Through the Seahawks' ongoing partnership with Vet Tix, Season Ticket Holders donated 1,400 game tickets to veterans, active-duty service members, first responders, and their families. This initiative ensured military families could enjoy Seahawks games in person and be part of the home-field energy all season long.

ARMY VS. NAVY FLAG FOOTBALL GAME

The Seahawks hosted the first-ever Army vs. Navy Flag Football Championship Game at Lumen Field. More than 1,300 active-duty service members, veterans, and their families were in attendance. The day included pre-game

MILITARY COMMUNITY

activities, giveaways, and fan experiences, along with appearances from Seahawks Legend Randall Morris, Boom, the Seahawks Dancers, and Blue Thunder, bringing the excitement of gameday to the military community.

MILITARY CEREMONIES AT LUMEN FIELD

The Seahawks proudly hosted several official military ceremonies at Lumen Field this season, including a reenlistment ceremony for over 50 U.S. Army soldiers and their families in partnership with Joint Base Lewis-McChord. The team also held a military promotion ceremony on the Fan Deck and an enlistment ceremony during the Salute to Service game, where 100 citizens took their oath of enlistment. Throughout the season, over 1,000 military members, veterans, and Gold Star families were honored during home games, which featured eight military flyovers and nine in-game Salute to Service recognitions. One of the season's most moving moments was when 101-year-old veteran and Purple Heart recipient Harvey Drahos raised the 12 Flag.

JOINT BASE LEWIS-MCCHORD ENGAGEMENT

The Seahawks deepened their long-standing relationship with JBLM through multiple engagements, including a full-team and coaching staff visit to the base. Players and coaches spent the day alongside the 1-2 Stryker Brigade Combat Team for team-building exercises and to gain a better understanding of military life. The organization also hosted JBLM's annual Change of Command ceremony at the base, which included appearances from Seahawks rookies, Blitz, DJ Supa Sam, and the Seahawks Dancers, and officially recognized the U.S. Air Force as this

season's honored unit. Additional visits included player appearances at the Army Rangers and 160th Airborne unit, as well as a special meet-and-greet at the VMAC for soldiers from the 1st Special Forces Group.

CAREER & YOUTH DEVELOPMENT

To support military-to-civilian career transitions, the Seahawks partnered with FourBlock to host a military career readiness event at Lumen Field. The event welcomed 30 transitioning service members and 10 professional mentors for workshops and networking sessions. The team also collaborated with Everfi and the Medal of Honor Foundation to host a youth panel at Lumen Field, where over 100 students participated in leadership discussions focused on service, resilience, and civic responsibility.

PLAYERS & LEGENDS

LEGENDS SPRING EVENT

Over 40 Seahawks Legends gathered at the VMAC for the annual Legends Spring Event. The day included watching practice, receiving new team gear, enjoying lunch with staff, and connecting with rookies at a reception held at Legion Sports Bar, co-owned by Kam Chancellor and Richard Sherman.

SEAHAWKS CLASSIC GOLF TOURNAMENT

The Seahawks hosted the inaugural Seahawks Classic Golf Tournament at Suncadia Resort, raising $150,000 for the Benaroya Research Institute at Virginia Mason Franciscan Health. The event featured a weekend of receptions and golf, with over 40 players, Legends, and celebrities participating across multiple days.

CHAMPIONS OF CHANGE ALL-STAR BASKETBALL GAME

Legends Doug Baldwin, Michael Bennett, Cliff Avril, and K.J. Wright came together for the Champions of Change All-Star Basketball Game at Climate Pledge Arena. They were joined by current Seahawks, Seattle athletes, and entertainers to raise awareness and funds for equity-focused community programs.

MY CAUSE MY CLEATS

Over 50 players, coaches, Legends, and Seahawks staff participated in the NFL's My Cause My Cleats campaign, customizing cleats to represent the causes they care about most. The campaign raised more than $7,500 for a range of nonprofit organizations.

LEGEND OF THE YEAR

Jermaine Kearse was presented with the 2024 Seahawks Legend of the Year award, recognizing his ongoing community involvement and dedication to giving back.

BOEING CLASSIC

Legends Cliff Avril, Kam Chancellor, and Jermaine Kearse participated in the annual Boeing Classic golf tournament, which raised funds for the Virginia Mason Franciscan Health Foundation. Their appearance supported the tournament's mission of promoting health and wellness in the region.

LEGENDS WEEKEND

Nearly 80 Seahawks Legends and their guests attended Legends Weekend, a multi-day celebration that included team walkthroughs, an NFL benefits presentation, lunch, a gear giveaway, a private evening reception, gameday brunch, and pregame on-field recognition during the Seahawks vs. Broncos game.

LEGENDS HOLIDAY GIVEAWAY

In partnership with AG Consulting, Legends Cliff Avril, Jordan Babineaux, Garry Gilliam, Warren Moon, Randall Morris, Ben Obomanu, Sidney Rice and Lofa Tatupu, hosted the Legends Holiday Giveaway. Twelve families from Atlantic Street Center were invited to celebrate with gifts, meals, and festive activities.

PLAYERS & LEGENDS

12 FLAG

Several Seahawks Legends were honored throughout the season as 12 Flag Raisers at home games. Kam Chancellor raised the flag during the Broncos game, Walter Jones was honored during the Giants game, Marcus Trufant took the honor for the 49ers game, and Lofa Tatupu was recognized during the Bills game, continuing the tradition of spotlighting Seahawks greats for their lasting impact.

WALTER PAYTON NFL MAN OF THE YEAR NOMINEE

LB Uchenna Nwosu was recognized during the Seahawks vs. Packers game as the team's 2024 Walter Payton NFL Man of the Year nominee for his contributions to youth and education initiatives.

COMMUNITY AWARDS

The Seahawks hosted the inaugural Seahawks Community Awards to celebrate standout contributions from players, Legends, and community partners. Hosted by actor Joel McHale, the event honored WR Tyler Lockett with the Community Heart Award, Jermaine Kearse as Legend of the Year, Doug Baldwin and Michael Bennett's Champions of Change as Non-Profit of the Year, and Mike Flood with the first-ever Mike Flood Humanitarian of the Year Award.

COMMUNITY PLAYER PICKS

As part of the Be Well WA initiative, players selected nonprofits to receive $2,000 donations. LB Uchenna Nwosu chose Fosterful, LB Derick Hall supported Shades of Motherhood, LB Boye Mafe selected Hearing, Speech and Deaf Center, T Charles Cross chose Dignity for Divas, S Julian Love picked Communities in Schools of WA, RB Kenneth Walker III supported Everytown, and QB Geno Smith donated to Seattle Children's Hospital.

STEVE LARGENT AWARD

WR Tyler Lockett was presented with the Steve Largent Award during the Seahawks vs. Vikings game. This marked the third time he has received the award, which honors a player who exemplifies the spirit, dedication, and integrity of the Seahawks.

EST 1976

SOCIAL JUSTICE

HERITAGE MONTHS

The Seahawks proudly support communities of color and historically marginalized communities through various heritage month recognitions throughout the year.

- February – Black History Month
- March – Women's History Month
- May – Asian American, Native Hawaiian, & Pacific Islander Heritage Month
- June – Pride Month
- September-October – Hispanic Heritage Month
- November – Native American Heritage Month

TOGETHER WE END GUN VIOLENCE WEEK

From June 5–8, the Seahawks supported gun violence prevention efforts by hosting the Together We End Gun Violence Conference at Lumen Field. In addition, the arches were lit orange, players wore awareness shirts, and a community lockbox event was held in partnership with Urban Family.

GUN LOCK BOX GIVEAWAY

In partnership with the King County Regional Office of Gun Violence Prevention and local nonprofits, the Seahawks hosted a free gun lockbox giveaway at Lumen Field, where over 1,500 gun lockboxes were distributed to promote responsible firearm storage.

JUNETEENTH CELEBRATION

To honor Juneteenth, the Seahawks participated in Creative Justice's Liberation for All event, with an appearance by Legend Ben Obomanu to show support and solidarity with the Black community.

12S VOTE

Throughout the year, the Seahawks launched a robust 12s Vote campaign to increase voter awareness and participation. Early efforts included a booth activation at El Centro Cultural Mexicano's Cinco de Mayo celebration and a When We All Vote registration station at Training Camp. Lumen Field also served as a King County Elections Voting Center during the primary and general elections, serving over 3,900 voters across both cycles. On National Voter Registration Day, players registered to vote in partnership with the Institute for Common Power, and Legend Doug Baldwin participated in a civic engagement panel at the University of Washington. Educational efforts continued with a voter education workshop at Rainier Beach High School featuring Legend Ben Obomanu. Leading up to the election, in-stadium pop-up booths encouraged fans to drop off their ballots on gameday, and the campaign concluded with special messaging and ballot access on Election Day itself.

NFL LATINO YOUTH HONORS

Through the NFL Latino Youth Honors, recognized two local high school football players in flag and tackle for their excellence on and off the field.

SOCIAL JUSTICE

NATIVE AMERICAN HERITAGE FOOTBALL CLINIC

In partnership with the Muckleshoot Indian Tribe, the Seahawks hosted a free football clinic at the VMAC for youth from multiple tribes. Legend Lofa Tatupu, Blitz, and the Seahawks Dancers joined the clinic to teach skills, build confidence, and celebrate Indigenous culture and community.

INSPIRE CHANGE

In December, the Seahawks supported the NFL's Inspire Change initiative with retail, in-game, and community activations. Twelve-percent of all Inspire Change gear sold in the Pro Shop was donated to UNCF, raising over $1,500. Additionally, 100% of proceeds from a limited-edition custom sweatshirt went to Coyote Central, raising nearly $8,000. During the December 22 game, Michelle Merriweather, CEO of the Urban League and founding member of the Black Future Co-Op Fund, was honored with the Seahawks' Changemaker Award and surprised with Super Bowl tickets in recognition of her work in housing, education, health, and workforce development in Black communities.

FUTURE OF FOOTBALL

SEAHAWKS FLAG FOOTBALL

4,828 athletes participated in the spring league and 2,720 in the fall league across Washington. Participants received surprise visits from Blitz, Dancers, Legends, and players at their games.

INTERNATIONAL FLAG FOOTBALL

Supported the growth of flag football in Germany and Canada throughout the year with a variety of camps and tournaments.

- Hosted the first-ever Seahawks Flag Football Tournament in Düsseldorf, Germany with 160 kids from 16 schools. Seahawks staff also visited the NFL Germany office and the European League of Football game.
- Hosted 118 kids in Düsseldorf, Germany for a Seahawks Flag Football Camp featuring mascot Bam and Rhein Fire coaches.
- Legend Jordan Babineaux supported the NFL Flag Regional Tournament in Vancouver, Canada.
- Hosted activations at the Grey Cup including a Seahawks Flag Football Camp for 150 kids and youth activations at the Fan Festival and Block Party with Legend Jon Ryan and Blitz.

NFL FLAG CHAMPIONSHIPS

Seven teams represented the Seahawks at the NFL Flag Championships in Canton, Ohio. Teams received travel stipends, swag, and support.

RED LAKE WARRIORS

Hosted the Minnesota high school team at VMAC during their visit to Washington.

GIRLS FLAG SANCTIONED IN WASHINGTON

Washington became the 15th state to sanction girls high school flag football!

SEAHAWKS GIRLS HIGH SCHOOL FLAG FOOTBALL CHAMPIONSHIPS, PRESENTED BY TICKETMASTER

The second annual girls flag championships featured 275 athletes from 15 schools. Current players and Blitz, Dancers, and Blue Thunder made appearances. Laneah Bryan of the U.S. Women's National Flag Team spoke at a fireside chat.

GIRLS FLAG TAKEOVERS

Brought gameday energy to girls flag games at Highline Memorial, Auburn Memorial, and Seattle Memorial Stadium with appearances by Legends, Dancers, Blitz, and Blue Thunder.

NFL HIGH SCHOOL GIRLS FLAG SHOWCASE

Two athletes from North Pole High School represented the Seahawks at the NFL showcase during the Pro Bowl.

GIRLS FLAG COACH & PLAYER OF THE YEAR

Bothell High School girls flag coach Kathryn Crowe won the Seahawks inaugural Girls Flag Coach of the Year award. Eleana Lee of Chief Sealth High School won the inaugural Girls Flag Player of the Year award.

GIRLS FLAG FOOTBALL CAMPS

Supported a variety of camps and clinics throughout the year to drive participation at both the middle and high school level in partnership with Nike, Girl Scouts, local school districts, YMCA, Boys & Girls Clubs and more.

GIRLS FLAG GRANTS

Seahawks have contributed more than $380,000 in grants to high schools in Washington to help launch girls flag football programs with over 100 schools offering the sport.

THE NEXT ONES

David Schwerzel of O'Dea High School represented the Seahawks at Nike's Super Bowl showcase.

FUTURE OF FOOTBALL

HIGHLINE MEMORIAL STADIUM GROUNDBREAKING

Announced $250,000 grant to fund Washington's first turf field featuring girls flag lines via NFL Foundation and LISC.

FLAG FOOTBALL CLINIC

Hosted a free clinic at Smilow Rainier Vista Boys & Girls Club for 150 kids.

PRO SPORTS SAMPLING CAMP

In partnership with King County Play Equity Coalition, hosted a free youth sports sampling camp with over 50 youth learning flag football.

STADIUM HIGH SCHOOL JAMBOREE

Supported jamboree featuring boys tackle and girls flag teams with appearances and giveaways.

USA FOOTBALL CLINICS & TALENT ID CAMP

Hosted 150 coaches at VMAC in partnership with USA Football and a Talent ID Camp for 215 athletes with Legend Ben Obomanu.

BLUE FRIDAY NIGHT LIGHTS

Series presented by Oberto at Memorial Stadium, Pop Keeney Stadium, and Mt. Tahoma with appearances from players, Legends, Blitz, Dancers, DJ Supa Sam, and Blue Thunder.

WIAA STATE CHAMPIONSHIPS

Title sponsor of the championships at Husky Stadium. Supported six games with appearances from Legends, Blitz, Dancers, and Blue Thunder.

YOUTH TACKLE TAKEOVER

Supported Wildcats Junior Football and South Park Raiders with visits, donations, and appearances by Blitz and Legends.

HAWAII GIRLS FLAG FOOTBALL CAMPS

Ahead of Hawaii's first-ever high school girls flag football season, the Seahawks hosted a series of Girls Flag Football Camps on O□ahu. Over 300 girls from every Hawaiian island participated in the camps, joined by Legend Michael Bennett. The team also presented a $30,000 grant to the Hawaii High School Athletic Association to support the expansion of the sport.

FRONT OFFICE

JODY ALLEN

Chair

Jody Allen is Chair of the Seattle Seahawks and a proud 12 herself, recognizing the team's role as a powerful catalyst for civic pride. She is also chair of Vale Group, which she co-founded with brother Paul G. Allen in 1986. For decades, they worked side-by-side across a range of business and philanthropic initiatives. She led development of Lumen Field and Lumen Field Event Center, as well as the Moda Center, home of the Portland Trail Blazers of which she is also chair.

Jody is also co-founder, board chair, and president of the Allen Family Philanthropies, founding director of MoPOP, Seattle's acclaimed museum of popular culture, co-founder and board chair of the Allen Institute, working to solve some of the biggest mysteries of bioscience, and a board member of the Allen Institute for Artificial Intelligence (Ai2). As trustee of the Paul G. Allen Trust, Jody works to ensure Paul's vision is realized for generations to come.

BERT KOLDE

Vice Chair

Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and oversees the long-term strategy and business operations of the teams and their affiliates.

Kolde has been on the Seahawks leadership team for over 25 years. He played an instrumental role in Paul Allen's purchase of the Seahawks, spearheading the legislation and referendum that led to the development of Lumen Field. Bert works closely with Jody Allen on all Seahawks-related matters.

Kolde grew up in Seattle and earned a degree in finance from Washington State University and received his MBA from the University of Washington.

CHUCK ARNOLD

President, Seahawks and First & Goal Inc.

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Arnold is responsible for all financial and business operations, sales, marketing and administration for the Seahawks. As president of First & Goal Inc., he directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is entering his 32nd season with the Seahawks. Prior to being named president, he served as COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks organization continues to be one of the strongest in the NFL, setting franchise records for overall ticket, suite and sponsorship revenue, and maintaining a streak of 180 consecutive home game sellouts going into the 2025 season.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement.

Arnold's commitment to making an impact off the field continues to be one of the organization's top areas of focus. The club supports over 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region in areas including youth empowerment, the future of football, social justice, community response, and the military community.

Lumen Field continues to be one of the toughest places for opposing teams to play and has one of the best in-stadium fan experiences in the NFL. Arnold's vision to create memorable experiences and cultivate genuine relationships with the 12s has led the team to consistently rank in the top 10 of the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Beyond football, Lumen Field continues to be one the busiest sports & entertainment venues in the region, hosting more than two million guests each year. The venue has hosted numerous concerts with global musical artists including Beyoncé, Coldplay, Metallica, Rolling Stones, Taylor Swift, and U2, in addition to events such as Monster Jam, Supercross, corporate summits and flat shows. Showcasing its readiness to host high-profile international events, in 2022 Lumen Field was named a host venue for the 2026 FIFA World Cup. The venue is scheduled to host six matches, including one featuring

Continued on next page

CHUCK ARNOLD, CONTINUED

the U.S. Men's National Team, as part of the world's most premier international soccer tournament that will span matches across three countries. In advance of the 2026 FIFA World Cup, Lumen Field will also host six matches for FIFA's first-ever Club World Cup in 2025, featuring Seattle Sounders FC, Atlético de Madrid, Paris Saint-Germain, Botafogo, CA River Plate, Urawa Reds, and FC Internazionale.

In February 2025, Arnold was recognized by the Seattle Sports Commission as 2025 Sports Leader of the Year. He was also recognized by the Puget Sound Business Journal as a 2024 Director of the Year for his board of directors service.

Arnold is currently a member of the NFL Fan Engagement and Major Events Committee. He joined the Virginia Mason Franciscan Health Board of Directors in 2023 and serves on the BDA and Boeing Classic Advisory Boards. He is also a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer.

JOHN SCHNEIDER

President of Football Operations / General Manager

John Schneider enters his 16th season as general manager of the Seattle Seahawks, adding the title of president of football operations in January of 2024, managing all aspects of the Seahawks roster and draft process while overseeing the head coach hiring process that landed Pro Football Writers of America's 2023 Assistant Coach of the Year in Mike Macdonald. Macdonald led Seattle to a 10-7 record in 2024, marking the most wins by a first-year head coach in franchise history. Schneider joined the Seahawks on January 19, 2010, as general manager, and added executive vice president distinction in 2013.

Beginning his 33rd season working in the professional ranks in 2025, Schneider's philosophy of building through the draft while making strategic acquisitions via trade and free agency fosters a sustained championship caliber atmosphere.

The signs of that philosophy have been evident during the last decade-plus, advancing to the Divisional Playoffs or better seven times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Together with Pete Carroll from 2010-23 and now Macdonald, the Seahawks compiled the sixth-best record in the NFL since 2010 with a 147-96-1 mark and is one of seven teams to win at least 140 games over that span. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including nine of the last 13 seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 3,900 transactions prior to the 2025 season, helping to cultivate depth on one of the NFL's most talented rosters.

His three draft classes from 2022-24 have landed foundational players. Byron Murphy and Tyrice Knight, along with the acquisition of Ernest Jones IV in a midseason trade, led a defensive turnaround over the final half of the 2024 season. With an additional 2023 first-round selection (No. 5) acquired from Denver in the trade for Russell Wilson, Schneider selected Devon Witherspoon, who became Seattle's second AP Defensive Rookie of the Year nominee in as many years, and has been selected to the Pro Bowl in each of his first two seasons, becoming the fifth Seahawks player to accomplish that feat. Fellow rookie Jaxon Smith-Njigba (No. 20 overall), finished second in franchise history for most receptions by a rookie with 63 and then tied the franchise-record with 100 receptions in 2024.

He and his personnel department were awarded the 2022 Best Draft Award by Inside the League founder Neil Stratton at the 2023 NFL Combine, an award voted on by fellow scouts and personnel members. The 2022 class featured seven players who made significant contributions on offense, defense or special teams, including five starters: Coby Bryant, Charles Cross, Abraham Lucas, Kenneth Walker III and Riq Woolen. Woolen was a finalist for AP Defensive Rookie of the Year honors, while Walker was a finalist for AP Offensive Rookie of the Year. Lucas and Cross became the first rookie tackle duo to start a team's first 15 games since the 1970 merger, while Seattle ranked second in the NFL in games started by rookies (70) and offensive and defensive snaps played by rookies (4,868).

Schneider's 2012 draft class was regarded as a failure outside Seahawks headquarters but was one that produced potential Hall of Famers in Bobby Wagner, Russell Wilson, and integral pieces in draftees Bruce Irvin, Jeremy Lane and J.R. Sweezy helping lead Seattle to back-to-back Super Bowl appearances in 2013-14. A 2012 fifth-round pick (#147, LB Tank Carder) was also used in the 2010 trade when Seattle acquired Marshawn Lynch from Buffalo, solidifying Seattle's physical identity.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency since his inaugural season. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas III.

He orchestrated 13 trades in 2010 as general manager, 12 in 2017 and 13 in 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Charles Cross, Michael Dickson, Quandre Diggs, Jimmy Graham, Percy Harvin, Bruce Irvin, Ernest Jones IV, Tyler Lockett, Lynch, Boye Mafe, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate, Wagner, Leonard Williams and Witherspoon.

His roster has included 15 first-team All-Pro selections since 2012, and without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 32 different players selected from 2011-24: Wagner (9), Wilson (9), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Diggs (3), Doug Baldwin (2), Nick Bellore (2), Brown (2), Graham (2), Metcalf (2), Geno Smith (2), Max Unger (2), Devon Witherspoon (2), Jamal Adams, Cliff Avril, Brandon Browner, Dickson, Shaquill Griffin, Lockett, Julian Love, Jason Myers, Okung, Tyler Ott, Michael Robinson, Jaxon Smith-Njigba, Leon Washington, Leonard Williams, K.J. Wright and Woolen. All of these players, except Unger, were added via draft, trade or free agency after Schneider took over.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers on March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role,

JOHN SCHNEIDER, CONTINUED

Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Commanders (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under Executive Vice President/General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96), and played an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europa and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, joining Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer in Washington in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

In 2012, John and his wife Traci launched "Ben's Fund." Named after their oldest son, "Ben's Fund" provides grants to young adults and families in order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. With the support of the organization and community, they have partnered to raise more than $5.7 million for "Ben's Fund," awarding more than 3,900 grants in 14 years.

In addition to their fundraising efforts, the Schneiders spearheaded the opening of the "A-OK Sensory Room" at Lumen Field in 2019 in order to better support guests with sensory needs. In 2022, the room was renovated and re-dedicated as "Ben's Room." The space continues to offer guests at Lumen Field a safe and calming environment for those who need a respite from the noise and excitement that comes with the Seahawks gameday experience.

Schneider serves on the GM Advisory Committee and the Club Executive Committee Working Group. He earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born on May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, and Jack.

SENIOR MANAGEMENT

NOLAN TEASLEY

Assistant General Manager

Nolan Teasley begins his 13th season with the Seahawks, third as assistant general manager, following five seasons as director of pro personnel (2018-22), one season as assistant director of pro personnel (2017) and three seasons as a pro personnel scout (2014-16). He originally joined the Seahawks in 2013 as an intern in the team's scouting department. Within his role, Teasley oversees football operations while working collaboratively with President of Football Operations/General Manager John Schneider in all aspects of player acquisition via the draft, free agency and trade proposals. Helping manage the development of the current roster with the club's Performance team, Teasley helps with the implementation of the use of data within the scouting process, and manages the ongoing communication between the scouting, research, and analytics departments. He continues to be involved in the club's draft process throughout and evaluate talent from NFL rosters and practice squads throughout the year. In his previous role, he and the pro scouting staff were integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process and year-round trade analysis. Among his prior duties, he scouted future opponents, coordinated free agent visits and tryouts, and monitored NFL transactions. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Wash., Teasley and his wife, Morgan, live in Gig Harbor with their four sons, Cruz, Jax, Jude and Nash.

JEFF DUNN

Chief Strategy Officer

Dunn joined the Seahawks in 2013 and was promoted to Chief Strategy Officer in April 2023. In his role, Dunn provides strategic and analytical support to each department of the Seahawks business operations. He also leads special strategic initiatives including major stadium capital projects. Dunn serves on the Board of the Seattle Sounders FC and the Board of Trustees of Alex's Army Childhood Cancer Foundation. Dunn is the former Chairman of the Make-A-Wish Alaska & Washington Board of Trustees and served on the Board of Directors of the Portland Trail Blazers from 2011–18. Prior to joining the Seahawks, Dunn worked in the private equity investment group of Vulcan Capital for nine years. After graduating from the McIntire School of Commerce at the University of Virginia in 2001, he started his career as an investment banking analyst with Greenhill & Co. in New York City.

SENIOR MANAGEMENT

ED GOINES

Chief Legal Officer

Goines is entering his 17th NFL season and 12th overall with the Seahawks in 2025. As Chief Legal Officer, Goines oversees the corporate legal affairs and government relations strategy and policies for the Seahawks and First & Goal Inc./Lumen Field. Goines works closely with the organization's business leadership to strengthen relationships with corporate partners, and civic and community organizations throughout the Pacific Northwest. Goines works with local, state, and federal government leaders across a range of significant matters. He also works closely with human resources and DEI leadership to promulgate strong organizational policies, procedures and codes to support our workforce. Prior to his work with the Seahawks, Goines was Assistant Chief Counsel for The Walt Disney Company. Before Disney, he served as General Counsel and Vice President of Business Affairs for the San Francisco 49ers. His work in the entertainment and sports fields also includes serving as in-house legal counsel for Major League Soccer, Ticketmaster, and Mattel. Goines began his law career as an associate in the Los Angeles office of Baker & Hostetler. A graduate of University of California, Berkeley, School of Law in 1992, he obtained a bachelor's degree from Stanford University in 1988. Goines was born and raised in Hot Springs, Ark.

CINDY KELLEY

Chief Human Resources Officer

Entering her 43rd season with the club in 2025, Cindy Kelley serves as Chief Human Resources Officer. She was previously Vice President of HR from 2011-20, after spending 13 seasons as Director of Human Resources. She oversees this area for both the Seahawks and First & Goal Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for leading all human resources functions and developing strategies that meet the goals and objectives of the organization including: policies and procedures, talent and diversity recruiting strategies, workplace culture, benefits, compliance, training, compensation, labor relations, employee relations, performance management, safety, and strategic planning. She also oversees administration, corporate hospitality and security. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.

DAVE PEARSON

Chief Communications Officer

Dave Pearson, in his 37th NFL season and 28th with the Seahawks, was promoted to the team's senior management group in 2015. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting in 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks while serving as the liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and content on the team's 70-plus digital platforms. As Chief Communications Officer, he also assumes various responsibilities revolving around gameday operations at Lumen Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award six times and won the award in 2007. The Seahawks' broadcasting and digital content teams have won more than 10 Northwest Region Emmy Awards. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife, Beth, have two children, Allie and Chase, and reside in Kirkland.

KAREN SPENCER

Chief Financial Officer

Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. She is charged with establishing budgets, forecasting, and managing cash flow. She also has direct responsibility for the teams' financial reporting and treasury function. In addition, Spencer oversees the technology and Virginia Mason Athletic Center facilities departments. Spencer represents the club at NFL owners' meetings alongside Chair Jody Allen, Vice Chair Bert Kolde, and President Chuck Arnold. She serves as treasurer of the Seattle Seahawks Charitable Foundation. Spencer has been with the team 35 seasons and originally joined the Seahawks in 1991 as a staff accountant before she was promoted to her current position in May 2009. In 1990, Spencer was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Spencer was then promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. She was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. In 2015, Spencer was named one of Sports

SENIOR MANAGEMENT

KAREN SPENCER, CONTINUED

Business Journal's Game Changers, women who are recognized for making their mark in the Sports Industry. In 2018 Spencer was recognized as one of the Puget Sound Business Journal's CFOs of the Year. Spencer grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16 and went on to earn a B.A. in Accounting from Seattle University. She lives in Maple Valley, Wash., along the Cedar River with her husband Phil, and their dogs.

AMY SPRANGERS

Chief Revenue Officer

In her 25th season with the club, Amy Sprangers serves as the Seahawks Chief Revenue Officer. In her role, Amy leads revenue generation across sponsorship, ticketing, suites, and local media rights. She leads passionate, high performing, revenue-driven teams that cultivate authentic, innovative, impactful partnerships and measurably grow both the Seahawks' business and that of its partners. Amy joined the Seahawks organization in 2001 as a Director of Corporate Partnerships, where she was part of the management team that opened Lumen Field. In 2004, she was promoted to Managing Director of Suite Sales & Service where she led an expansion of premium suite inventory, adding a total of 40 new suite locations. She was named Vice President of Corporate Partnerships & Suites in 2014, and led a team that set franchise records for full season suites sold, ranking 12th in the NFL in suite revenue despite being 25th in inventory.

In 2018, Amy was promoted to Chief Revenue Officer, adding ticketing revenue to her leadership responsibilities, and overseeing a team that enters the 2025 season with 180 consecutive sellouts. Sponsorship revenue has increased +33% over the past five years and ranked 12th in the NFL for the 2021 season, despite only being the 14th ranked DMA in the NFL by market size. Additionally, her teams have cultivated activation strategies that have resulted in steady increases in brand engagements for the team's corporate partners each year. Notably, Amy led the naming rights extension negotiation for CenturyLink Field in 2017 and later the 2020 rebrand to Lumen Field.

A Seattle native, Amy is a graduate of the University of Washington with a degree in speech communications. Amy and her husband, Todd, live in Seattle with their four children, sons Peyton and Jake, and twin girls, Sydney and Sloane.

DAVID YOUNG

Chief Operating Officer

David Young enters his 22nd NFL season and 17th overall with the Seahawks in 2025. As Chief Operating Officer for the Seahawks, Young is responsible for the leadership of several lines of business including the operation of Lumen Field, Lumen Field Event Center and the WAMU Theater, Seahawks Retail, Community Engagement and International Market Development.

Lumen Field continually ranks as one of the best stadiums in the country for fan experience and one of the busiest with over 2 million attendees and 300 event days annually. In 2023 Lumen Field was named Best NFL Stadium by USA Today and Best Live Music Venue by the Seattle Times. Under Young's leadership, maximizing event activity and innovating the fan experience have been top priorities. Young was a key member of the Seattle bid committee to bring the 2026 FIFA World Cup to Seattle. Fanovation™ is the Seahawks program of continual operational improvement directed at fan-centric innovations. One of these innovations has been a unique partnership with Amazon. As a result, Lumen Field has the highest number of concessions stands powered by Amazon Just Walk Out in all of sports. In 2023 Lumen Field piloted the first season-long Just Walk Out location for Retail.

The Seahawks are one of the top NFL brands internationally thanks to the 12s Everywhere fan engagement initiative. In 2025 the NFL awarded Global Marketing Program rights to the Seahawks in Australia and New Zealand to accompany existing marketing rights the Seahawks have enjoyed in Germany, Austria and Switzerland since 2024 and in Canada since 2022. Seahawks have long enjoyed a strong presence of 12s in the German speaking market and in the first full year of holding NFL Global Market Rights in Germany the Seahawks saw an increase of 16% in total German fanbase.

Under Young's leadership the Community Engagement team has deepened our commitment to the 12s throughout the region. Seahawks have supported Girls Flag Football through donations to high schools to fund the start of over 100 teams across the state of Washington. Through the Seahawks' efforts, Girls Flag Football has been sanctioned as a varsity sport in Hawaii, Alaska and Washington. Initiatives and projects across all six pillars of our Community Engagement program impact thousands of 12s around the region each year.

Young rejoined the organization after working as the Vice President of Stadium Operations with the Kansas City Chiefs from 2010-14. Prior to his time with the Chiefs, he spent six years with the Seattle Seahawks and First & Goal Inc. (2004-10) as the Assistant General Manager and Director of Guest Services. Young began his career at the Walt Disney World Resort in Florida as an Operations Manager. The Woodland, Wash. native earned a degree in Communications from the University of Washington. He and his wife, Ali, live in Snoqualmie, Wash. with their children, Ella and Owen.

MARIO BAILEY

VP/Community Engagement and Legends

Mario Bailey is entering his seventh season with the Seahawks and was promoted to Vice President of Community Engagement and Legends in June 2023. Bailey's career with the team started in 2018 as the Director of Legends and Community Engagement, followed by three years in Football Administration as the Director of Legends and Player Engagement. Prior to joining the Seahawks, Bailey held several roles working for King County that focused on youth and veteran services. Bailey also worked in the Seattle Public Schools as a School Success Coordinator and an Intervention Specialist. His passion for football and helping youth merged as he served as the head football coach at Seattle's Franklin High School, his alma mater, from 2004-08, and again for the 2017 season. Bailey attended the University of

Continued on next page

SENIOR MANAGEMENT

MARIO BAILEY, CONTINUED

Washington and played football for the Huskies from 1989-91. He was a consensus first-team All-American receiver and Pac-10 co-offensive player of the year as a senior in 1991. He helped lead the Huskies to a 12-0 record and the 1991 national championship. He finished his career as the school's leader for most touchdowns in a season (18) and a career (30). He was inducted into the University of Washington Hall of Fame in 2014. He was selected in the sixth-round (162nd overall) of the 1992 NFL Draft by the Houston Oilers. He continued his professional football career for 12 years, most notably in NFL Europe playing for the Frankfurt Galaxy from 1995-00, advancing to four World Bowls and winning two. Bailey serves on the Champions of Change Advisory Committee, 1861 NIL Foundation Board, Belong Partners Board, and Atlantic Street Center Board of Directors.

MATT BERRY

VP/Player Acquisition

Named to his current vice president role on February 10, 2025, Berry begins his 18th season in Seattle in 2025. He served the previous two seasons as senior director of player personnel (2023-24) and eight seasons as director of college scouting (2015-22). In his role, Berry works alongside VP/Player Personnel Trent Kirchner directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster, in addition to being heavily focused on the draft process, pre-draft meetings, and the evaluation of draft-eligible players nationally. In his eight years as director of college scouting, he coordinated the Seahawks entire college scouting operation and compiled all of the information required to set the draft board. He was responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and worked closely with president of football operations/general manager John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, Berry served the previous six seasons (2008-13) as a regional scout combing the southwestern states in search of talent. Berry spent five seasons with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons south-central scout. A native of Nashville, Tenn., he holds a bachelor of arts degree in history from Davidson College (N.C.), where he played both baseball and football. Berry was a four-year starter on a Wildcat football team that had the most successful run in school history, including a 17-game winning streak. He is married to professional runner and triathlete, Desiree. The couple has three children and live in the Seattle area.

SARITA CARTER

VP/Human Resources

Sarita Carter is entering her 37th season with the Seattle Seahawks in 2025. She was promoted to Vice President of Human Resources in May 2021 after spending 19 seasons in the Human Resources department. Her career started in 1988 as the Front Desk Receptionist and later worked in Community Relations prior to joining the Human Resources department where she has been the Managing Director since 2016. She is responsible for the day-to-day human resources functions for the Seahawks and First & Goal Inc. including; employee relations & engagement, benefits administration, performance management, recruiting & onboarding, HRIS, compliance, training, policies and strategic planning. She also oversees the hospitality department and office administrative staff. Sarita serves on the Seattle Leadership Council for UNCF, as well as the Seattle University – MBA Sports & Entertainment Management Advisory Board. She has also completed the McKinsey Black Executive Leadership Program. Born in Seattle, Wash., she is a graduate of Cleveland High in Seattle and earned her degree in Business Administration from Central Washington University. She and her husband Bryan reside in Federal Way, Wash. and have three children and two grandsons.

ERIC ENGBERG

VP/Suites & Premium

Eric Engberg began his career with the Seahawks in 2003 in the ticket office, and has been in premium sales for the past 20 seasons. Most recently, he served as Managing Director of Suite & Premium Sales from 2017-25. As Vice President of Suites & Premium, Engberg leads the premium sales and service teams, overseeing revenue growth, product development, and innovation in suite and premium offerings. He is also responsible for delivering a best-in-class hospitality experience. A native of the Pacific Northwest, Engberg graduated cum laude from the University of Washington's Business School in 2002.

SENIOR MANAGEMENT

MIKE FLOOD

VP/Outreach & External Affairs

Mike Flood joined the Seahawks on July 1, 1997. He helped spearhead the statewide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition center. A Seattle native, Mike received a B.A. in Industrial Education from Washington State University and a Master's Degree in Education from the University of North Carolina. He owned and operated an agricultural flying service in Fort Scott, Kansas, and served as a pilot in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He also managed Search and Rescue Operations, Public Relations, Finance and Administration. Mike retired as a Commander in 1996 after 20 years in the service. He has been awarded the Outstanding Service to Veterans from the Washington Department of Veterans Affairs, Person of the Year from the United Negro College Fund, "I Care About Kids" award from Mentoring Works Washington, and the Seahawks Humanitarian Award.

ZACH HENSLEY

VP/Operations & General Manager of Lumen Field

Zach Hensley serves as the Vice President of Operations and General Manager for Lumen Field, Lumen Field Event Center, and WAMU Theater. He initially joined the Seahawks organization in 2015 as Managing Director of Guest Experience, before being promoted to his current position in 2020. In his current role, Hensley is responsible for overseeing and directing all aspects of business operations and strategic decision-making across these premier venues.

Under Hensley's leadership, Lumen Field has significantly enhanced its game day experience by introducing a variety of innovative features. These include a new communal field-view bar area beneath the Hawks Nest, thirteen Amazon Just Walk Out Markets, two Amazon Just Walk Out RFID retail locations, the T-Mobile Endzone Club, and the 1976 Club. These additions have helped elevate the fan experience, combining convenience, cutting-edge technology, and exclusive spaces for a premier event atmosphere.

With over 25 years of experience in stadium operations, hospitality, and customer service, Hensley has developed a distinguished career in managing and enhancing the operations of numerous high-profile facilities. He has played a pivotal role in project management, planning and concept design for the construction and opening of several major stadiums, including Levi's Stadium in 2014 and the KFC Yum! Center in 2010. Throughout his career, Hensley has provided operational leadership for a diverse range of organizations and events, including the Seattle Seahawks, Seattle Sounders FC, San Francisco 49ers, Kansas City Chiefs, Kansas City Royals, OL Reign, Seattle Sea Dragons, and the University of Louisville. His expertise has also contributed to the success of prestigious events such as Super Bowls, MLS Cups, MLS CONCACAF Champions League, NHL All-Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series, and NCAA Final Four Championships.

Zach serves on the Seattle Chamber of Commerce Board and the Stadium Managers Association Board of Directors.

He resides in Bellevue with his wife, Valerie, and two children, Emma, and Chase.

TYSON FLANDREAU

VP/Brand & Marketing

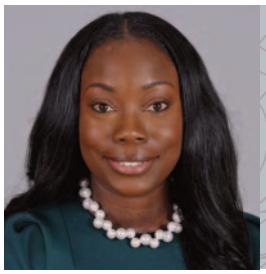
Flandreau joined the Seahawks in October of 2024 as the Vice President of Brand & Marketing. In his role, Flandreau is responsible for the development and implementation of strategies that elevate the Seahawks and Lumen Field brands locally, nationally, and globally. He is responsible for providing vision and leadership for the Marketing, Fan Engagement, Game Entertainment, Design and Content Production departments for the Seahawks and First and Goal Inc. Prior to the Seahawks, Flandreau was the Vice President of Marketing at Tommy Bahama where he drove brand growth and consumer engagement. A graduate of Washington State University, Flandreau resides with his wife, Michelle, in the Queen Anne neighborhood of Seattle.

PAIMON JABERI

VP/Business Strategy & Analytics

Entering his eighth season with the club, Paimon Jaberi serves as the Vice President of Business Strategy & Analytics. In his role, Paimon oversees the business strategy and analytics team, which provides strategic, analytical, and systems support to each department of the Seahawks' business operations. He is responsible for leading a best-in-class analytics function focused on driving the fan experience, revenue growth, operational efficiencies, and leveraging insights to shape the club's strategy. Paimon joined the Seahawks part-time in 2017 and became a Business Intelligence Analyst in 2018. He was promoted to director in 2021 before elevating to his current position of vice president in April of 2024. Paimon played football at Willamette University, earning a degree in Economics, and an MBA from the Atkinson Graduate School of Management. He is a native of Bainbridge Island, Wash.

SENIOR MANAGEMENT



MARISSA JOHN

VP/General Counsel

Marissa John joined the Seahawks in 2022, previously serving as Director of Legal Affairs. In her role as Vice President/General Counsel, John serves as a trusted advisor to senior leadership; provides legal counsel across a wide range of business matters; and oversees litigation and organizational compliance with NFL rules and regulations for both the Seattle Seahawks and Lumen Field. Prior to joining the Seahawks, she was Associate Corporate Counsel at Amazon and practiced at several national firms, advising clients in the sports and real estate sectors. She holds a B.S. in Psychology from the University of Central Florida, J.D. from Emory University School of Law, and an LL.M. in Sports Law from the University of Miami School of Law. A native of Long Island, N.Y., John currently resides in Bellevue with her amazing son, Cayden, and actively serves on multiple professional and civic boards, such as Uplift Northwest, BSP Seattle, the University of Miami's EASL Young Alumni Board and Emory University's Center for Transactional Law and Practice Advisory Board.

MAURICE KELLY

VP/Player Affairs

Maurice Kelly enters his 21st season with Seattle and 10th as a vice president, moving to his current role in 2023 after seven years (2016-22) as VP/Player Engagement. In his role, Kelly works with senior leadership at the club level to lead all player affairs, including Player Engagement and the Legends Community. He helps lead all strategies, initiatives, onboarding, transition, and developmental programming to ensure the best experience and community of care for players before, during, and after their NFL experience. As VP/Player Engagement, he was responsible for providing club personnel, players and families with programs that foster personal and professional growth while serving as a conduit between players and management. Kelly has been responsible for developing programs designed to assist players in making a smooth transition into and out of professional football in such areas as financial education, career internship programs, continuing education, community outreach initiatives, player insurance/benefit management and relocation. Kelly originally joined the Seahawks football administration team in 2005 as director of player development and was later promoted to senior director in 2012. A former player, he played two seasons in the NFL, both with the Seahawks, from 2000-01. He played in 24 games with three starts at safety. Before joining the NFL, Kelly was a standout safety in the CFL as a three-time all-star (1997-99), including All-CFL in 1999. He and his wife, Dionne, have one son, Miles.

TRENT KIRCHNER

VP/Player Personnel

Trent Kirchner begins his sixth season as VP/Player Personnel, following five seasons (2015-19) as co-director of player personnel and two seasons as the Seahawks pro personnel director (2013-14). Kirchner directs both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. In his previous role as pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season, he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made more than 3,900 player transactions to help maintain one of the most competitive rosters in the NFL. He originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where it had one Super Bowl appearance, two conference championship appearances and won two division titles. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Commanders. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, he joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Kirchner and his wife, Jessica, have two sons, Carter and Landon.

PETER FONFARA

VP/Finance

Fonfara is in his 14th season with the Seahawks after initially joining the team in 2012 as Director of Finance. He was promoted to Vice President of Finance in May 2021. In his role, Fonfara oversees the Seahawks and First & Goal Inc. finance teams and manages the team's financial and accounting policies, systems and processes, treasury management, and ongoing financial modeling and budgeting of Football Northwest LLC and First & Goal Inc. He is also responsible for ensuring operational efficiency as well as providing accurate and reliable financial information for the team's ownership, senior manage-

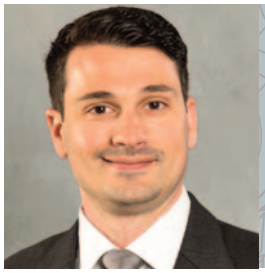
Continued on next page

SENIOR MANAGEMENT

PETER FONFARA CONTINUED

ment, the National Football League, and the Public Stadium Authority. Prior to the Seahawks, he worked as an auditor for Deloitte. He currently serves on the board for Big Brothers Big Sisters of Puget Sound and the Downtown Seattle Association. A graduate of Gonzaga University, he lives in Mercer Island, Wash. with his wife Margot.

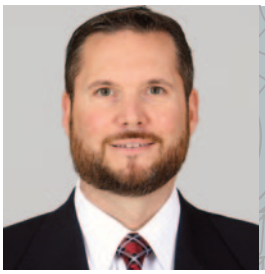
Sounders FC Major League Soccer franchise, managing the ticketing efforts that led to 22,000 season tickets being sold in the club's inaugural season and setting MLS and Open Cup sales and attendance records from 2009-13. In 2013, Lawrence was named Ticket Executive of the Year by Major League Soccer for his outstanding efforts and contributions. Lawrence is a graduate of Washington State University and holds a degree in Public Relations. He resides in University Place with his wife Amy and two children, Emma and Ainsley.



JOEY LAINE

VP/Football Administration

Joey Laine joined the Seahawks as vice president of football administration on April 1, 2024, bringing nearly two decades of NFL front office experience. He most recently served as the Green Bay Packers salary cap analyst in 2023. Laine spent seven seasons (2015-21) as the Chicago Bears director of football administration, working as the chief contract negotiator and overseeing the overall health of the club's salary cap and strategic planning, while ensuring CBA compliance. He also monitored league-wide transactions and analyzed statistical and market trends. Prior to his time in Chicago, Laine spent 10 seasons (2005-14) with the New Orleans Saints, including the last six seasons as the team's salary cap analyst/player personnel. In that role, Laine assisted with the daily management of the salary cap and player contract and salary analysis. He first joined the Saints in 2005 as a football operations intern before earning the role of player personnel assistant. Laine is a graduate of the University of New Orleans with a degree in business administration and earned his MBA from Tulane University.



CHRIS LAWRENCE

VP/Ticket Sales & Service

Chris Lawrence is in his 27th season with the organization and sixth as Vice President of Ticket Sales & Service. In his role, Lawrence oversees the team's ticket sales strategy and customer service operations. His leadership has contributed to a strong season ticket holder base, with the club entering the 2025 season at 180 consecutive sold-out games, 12,000 members on the team's Blue Pride season ticket wait list and 85,000 fans on the Blue Pride notification list. Lawrence started with the Seahawks as a Ticket Sales Representative and has since worked his way up through the organization, including playing a key role in building and expanding the team's ticketing strategy, and previously managing the team's suites and premium sales departments. During his tenure, the Seahawks have also set franchise records for new season tickets sold, overall season ticket base, average attendance, suite sales, and group sales. In 2009, he contributed to the launch of

KENTON OLSON

VP/Digital & Emerging Media

Kenton Olson has been with the Seahawks since 2007 and was previously the team's Director of Digital & Emerging Media from 2010-23. In his role as Vice President of Digital & Emerging Media, Olson oversees the digital content and platforms for the Seahawks, including all direct communication (email, push notifications, SMS, paid social media), organic social media, digital content, and digital platforms (websites, mobile app, connected television). Previously, Olson was the Director of Digital & Emerging Media for the Seattle Sounders, and served as Assistant Director of Marketing & Website Management for the University of Oregon. He currently serves as a Jury Panelist for the Clio Sports Awards. A native of Colorado, Olson is a graduate of the University of Oregon with a double major in Business Administration and Economics.

SAM RAMSDEN

VP/Player Performance

With over three decades of NFL experience, Sam Ramsden enters his 27th season with the Seahawks in 2025 and his fifth as Vice President of Player Performance. In this leadership role, Ramsden plays a key part in supporting player health and performance, with a strong focus on communication and collaboration across the organization. Ramsden oversees the full spectrum of player health and wellness services. He works in partnership with the strength & conditioning staff, athletic medicine providers, sport science and analytics experts, and performance dieticians. His role involves coordinating information and insights between these groups to ensure players are getting the best care and support possible. A central part of Ramsden's job is translating complex data and medical information into clear updates for coaches and football leadership. By keeping the general manager and head coach informed about player health, readiness, and availability, he helps guide strategic decisions on roster management and game preparation. His communication

Continued on next page

SAM RAMSDEN, CONTINUED

ensures that performance goals align with each player's physical status throughout the season. Ramsden also plays a leading role in educating players on self-care—emphasizing the importance of nutrition, sleep, hydration, and injury prevention. His ability to connect with athletes and explain how small daily habits contribute to long-term health is a key factor in the team's success. He has been instrumental in integrating cutting-edge technologies and sports science into daily routines, helping the Seahawks make smarter decisions about training, recovery, and injury prevention. His expertise in physical rehabilitation ensures that injured players return to the field safely and at full strength. During the COVID-19 pandemic, Ramsden served as the Seahawks' Infection Control Officer from 2020–22, coordinating protocols and communication across players, staff, and the team's leadership group. Ramsden began his Seahawks career in 1999 as an associate athletic trainer and was promoted to head athletic trainer in 2004. Before joining Seattle, he spent six seasons with the Green Bay Packers as an assistant athletic trainer and was part of their Super Bowl XXXI championship team. As a student athletic trainer at the University of Wisconsin-La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minn. native, he and his wife, Lisa, have two sons, Henry and Lachlan.

WILLIAM SAGUILLA

VP/Football Finance

William Saguilla is entering his 28th season with the Seattle Seahawks and second as VP/Football Finance. He began his career with the team as a summer intern and officially joined the team's Finance department as a staff accountant in 1998. After spending 14 years in the Finance department, he transitioned to Football Administration in 2012. Saguilla plays the role of liaison between Finance and Football Operations with responsibilities that include managing all department budgets within Football Operations, assisting with Football Administration's day-to-day transactions and preparing player payroll and league salary cap reports. A graduate of the University of Washington, he resides in Renton with his wife, Jonah, and their two daughters, Isabelle and Amaya.

CHIP SUTTLES

VP/Technology

Chip Suttles is entering his 14th season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission related to the technology needs of the Seahawks and First & Goal Inc. As an IT professional for 32+ years, Suttles is responsible for aligning cutting edge technology with the overall business strategy of the organization -- by modernizing technology, his team aims to enhance the performance of the organization, improve the customer/fan experience, and drive increased revenue. His areas of focus include maintaining and optimizing the IT infrastructure, investing in the modernization and innovation of Lumen Field's stadium technology, supporting player performance analytics, and enhancing the organizations' mobile phone applications. He also oversees the IT Cyber Security tools and systems that help protect the organization's network(s). Suttles joined the Seahawks after working for the Vancouver Canucks as Director of Technology in 2010-11. Prior to his tenure with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles fourth time participating in the Olympic Games -- he had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City, and Atlanta. Suttles and his wife, Lauren, have two sons and a daughter. Suttles was the recipient of a 2020 Seattle CIO of the Year ORBIE Award and currently serves on Seattle's Inspire-CIO Advisory Board. He proudly serves on the Customer Advisory Board for Lumen and Extreme Networks. He enjoys participating in a variety of recreational sports and actively supports his community's local youth & High School football foundation.

KAREN WILKINS-MICKEY

VP/Diversity, Equity & Inclusion

Karen Wilkins-Mickey (she/her) joined the Seahawks in January 2021 and brings over 20 years of Diversity Equity and Inclusion leadership experience to the team. In her role, Karen leads the Seahawks' overall Inclusion strategy, and acts as a liaison for the team, its senior management group, players, and the community to drive strategic initiatives and programs. She also oversees the team's six internal Employee Resource Groups, represents the team for NFL social justice initiatives, and acts as an internal consultant to department leaders across the team's football and business operations to ensure diversity, equity and inclusion are part of the decision-making process throughout the organization. Prior to the Seahawks, Karen was Director of Diversity & Inclusion for Alaska Airlines and has pre-

Continued on next page

SENIOR MANAGEMENT

KAREN WILKINS-MICKEY, CONTINUED

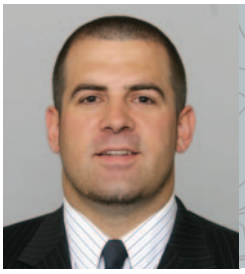
viously held diversity and inclusion leadership roles within Expedia Group and Microsoft. She is an alumnus of the first McKinsey Black Executive Leadership Program and is a founding member of the Diversity Community of Practice, which is a growing network of professionals committed to establishing and enhancing diversity, equity, and inclusion practices within Seattle-area organizations. She is on the Board of Special Olympics of Washington and the NW African American Museum. She was honored in 2018 by the Seattle Mariners as part of African American Heritage Day, where she was recognized for her contributions to the Northwest community. She is also a Certified Diversity Recruiter and earned a certification in Diversity Equity and Inclusion through E-Cornell. In 2023, she was featured on the cover of CIO Views Magazine "Most Influential Women in Diversity & Inclusion" issue. A native of New York City, Karen has a bachelor's degree in communications from California State University Chico. She lives in Bothell, Wash. with her husband Korey and has two children in college, Kyra, and Kaden.

LISA YOUNG

VP/Corporate Partnerships

Lisa Young joined the Seahawks in 2005, steadily advancing within the organization's partnerships department. Young oversees all aspects of the team's Corporate Partnerships group. She also contributes to academia as an Adjunct Professor at Seattle University, teaching in the Albers School of Business & Economics, Sports & Entertainment MBA program. Before joining the Seahawks, Young initiated her career in advertising at a boutique firm in San Diego. A graduate of the WSU Murrow School of Communications, she resides in Woodinville, Wash., with her husband Jeremy and their two children, Caroline and Harrison.

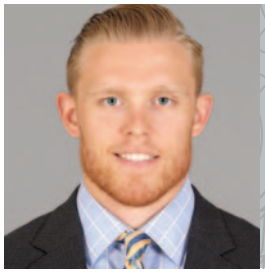
FOOTBALL OPERATIONS



AARON HINELINE

Director of College Scouting

Aaron Hineline enters his 20th season with the Seahawks in 2025, his third as director, following two seasons as assistant director of college scouting (2021-22) and 11 seasons as an area scout (2010-20), covering the Midlands, Southwest and Southeast regions of the country. He began his Seahawks career as a pro personnel intern (2006-08). In his role, he coordinates the Seahawks entire college scouting operation and compiles all of the information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with president of football operations/GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. While serving in the pro personnel department in his first four years with the team, Hineline helped provide weekly advances for upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the director of pro personnel, helped coordinate free agent tryouts, and worked on various projects for the vice president of player personnel and head coach. Hineline lettered in football, track, and wrestling at Woodinville (Wash.) High School. He earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at fullback. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength & conditioning program before joining the Seahawks in 2006. He is married to Gentrie, with two daughters, Peyton and Harper, and one son, Grady.



WILLIE SCHNEIDER

Director of Pro Personnel

Willie Schneider enters his 12th season overall with Seattle, third in the role of director, following four seasons as assistant director of pro personnel (2019-22) and two as a pro personnel scout (2017-18). He originally joined the Seahawks as a scouting intern in 2014. In his role, Schneider is involved in the club's NFL draft process throughout and provides input and analysis on draft weekend. He also helps direct a department that evaluates talent from NFL rosters and practice squads, along with talent from other football leagues, including the CFL. He and the pro scouting staff are integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process following the NFL Draft and year-round trade analysis. Before joining the Seahawks, Schneider worked at ETS Elite Sports Performance in St. Paul as a performance specialist. A graduate from the University of St. Thomas (Minn.) with a Business Leadership and Management degree, Schneider was a four-year starter at fullback. Originally from St. Paul, Minn., he is married to Hillary, and the couple has two daughters, Sadie and Charlotte.

FOOTBALL OPERATIONS

JASON BARNES

Assistant Director of College Scouting

Jason Barnes enters his 20th season with the Seahawks in 2025, and 17th working with the college scouting department after working three years with pro scouting (2006-08). He was promoted to his current role after two seasons (2021-22) as personnel executive following 12 seasons as an area scout, covering the Northeast (2009) and Midwest (2010-20). In the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. He lined up at wide receiver five seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A Fort Wayne, Ind., native, he attended Southside High School where he was a four-year starter in football and three-year starter in basketball. Earned all-state honors following his senior season as a cornerback, and was selected to play in the Indiana North/South All-State All-Star Game. He was also all-conference in basketball. Barnes and his wife, Kristin, have two sons, Chase and Christopher, and three daughters, Jordyn, Jayah and Jenae.

ARMANI PEREZ

Assistant Director of Pro Personnel

Armani Perez enters his fifth season with the Seahawks in 2025, second in his current role, after serving as the club's player personnel scout (2021-23) and scouting intern (2019-20). He is responsible for scouting future opponents, writing pro and draft prospect evaluation reports from college, NFL, CFL, UFL, coordinating free agent workouts and monitoring pro transactions. Perez joined Seattle after serving the University of Arkansas as director of off-campus recruiting in the spring of 2019. He spent five years (2015-19) at Louisiana Tech, with the last three as director of recruiting, where he served as an NFL liaison and was responsible for initial identification and evaluation of prospective student-athletes. While attending Florida State, where he earned his degree in business & sport management in 2014, he was a recruiting assistant from 2013-15. Perez lettered in football at Columbus High School in Miami and is married to wife, Macy.

STEVE HUTCHINSON

Football Consultant

Steve Hutchinson serves as a football consultant for the Seahawks working alongside both the college and pro personnel departments in talent evaluation. A former first-round draft choice by the Seahawks in 2001, Hutchinson spent 12 seasons in the NFL playing for Seattle (2001-05), Minnesota (2006-11) and Tennessee (2012). He was elected to the Pro Football Hall of Fame in 2020, earned seven-straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s. He was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Married to Landyn, they have a daughter Lily, and son, Luke.

TODD BRUNNER

Area Scout (Northeast)

Todd Brunner joined the Seahawks as an area scout in 2012 and covers the northeast region. He served the same role with the San Francisco 49ers from 2001-11. Prior to joining the 49ers, he spent two seasons as an area scout with the Cleveland Browns, where he combed the Northeast region in 1999-2000 for college talent. Brunner joined the Browns from the Philadelphia Eagles where he spent four seasons (1994-97) as an area scout covering the Northeast. He joined the Eagles as a scouting intern in 1992 and worked as a scouting assistant in 1993. Brunner attended Lehigh (Pa.) University and lettered two years in football. As a junior, he led the team in special teams tackles, and as a senior quarterback, tied or broke 14 school passing records. Following his football career at Lehigh, Brunner spent one season as a graduate assistant at Temple, in 1991, and earned his master's degree. He comes from a football family as his father John coached at Temple, Villanova, Princeton and in the NFL ranks with Detroit, Green Bay, Tampa Bay and Minnesota, before scouting for the 49ers for 12 seasons. Brother, Scott, spent time in the NFL with the N.Y. Giants. Born in Middletown, N.Y., he attended Lawrence (N.J.) High School and was inducted into its High School Athletics Hall of Fame in 2012. He and his wife, Nancy, reside in Robbinsville, N.J., with their daughter, Annie Elizabeth, and son, Chad Joseph.

FOOTBALL OPERATIONS

RYAN FLORENCE

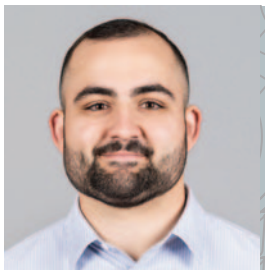
Area Scout (Southwest)

Ryan Florence enters his 12th season with the Seahawks in 2025. He begins his fifth season as an area scout after previously serving as a National Football Scouting (NFS) scout covering the Mid-Atlantic Region. Originally joining the Seahawks as an intern in 2014, he was promoted to the NFS role in 2017. Florence spent the 2014-16 seasons as a scouting and player personnel assistant with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Prior to the Seahawks, Florence was a recruiting graduate assistant helping Gary Pinkel's Missouri coaching staff to develop and implement the Tigers recruiting plans along with scouting evaluations, video preparation and recruiting operations. Florence helped Mizzou post a program-record 12 wins and claim both the SEC East title and a Cotton Bowl victory en route to a No. 5 final AP ranking in 2013. He earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a three-year starter at cornerback. He went on to earn an M.S. in Administrative Studies and Sports Management from Missouri State and added a M.Ed. in Educational and Counseling Psychology from the University of Missouri. Originally from Columbia, Mo., Florence and his wife, Jacqueline, live in the greater Kansas City area with their two sons, Kohen and Kyle.

JOSH GRAFF

Area Scout (West)

Josh Graff enters his 13th full-time season with the Seahawks, 16th overall, in 2025. He begins his ninth season as an area scout in 2025 after previously serving four years (2013-16) as a scout for National Football Scouting covering the Mid-Atlantic Region for NFS. Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped coordinate player tryouts, monitor the waiver wire, advance weekly opponents, free agent and practice squad evaluations in the NFL and CFL. Graff originally began his career with Seattle as an intern in the team's equipment room in 2010. Before joining the Seahawks, he worked in 2009 as an intern in the Miami Dolphins equipment room. A local multi-sport talent from Mill Creek, Wash., he was part of an Archbishop Murphy High School football program that won 39-consecutive games and captured state titles in baseball and soccer. Graff graduated with a degree in Human Resource Management from the University of Idaho.



JACK GREEN

Area Scout (Midwest)

Jack Green enters his third season with the Seahawks in 2025, his first as a college area scout after spending 2024 as a scouting assistant and 2023 as a scouting intern, helping coordinate free agent tryouts, administrative draft process duties, and in-house evaluations of small-school prospects. His role as a scouting assistant included scouting upcoming opponents, providing weekly advance presentations to the coaching staff, and evaluating pro free agents as well as other spring-league prospects. He was also assigned with covering all schools in the Northern California/Nevada region for college prospects. Prior to joining the Seahawks in the summer of 2023, Green spent that spring as a graduate assistant at Ole Miss helping coach the offensive line and assisting the recruiting department. Originally from Brandon, Miss., he lettered in football at Brandon High School, and went on to play center at the University of South Alabama from 2019-21, and finished his career at the University of Central Arkansas in 2022 where he earned a bachelor's degree in business management, and later earned a Master's degree in Business Administration (MBA).

KIRK PARRISH

Sr. College Scouting Coordinator/Area Scout

Kirk Parrish enters his 27th year with the Seahawks in 2025. He is responsible for managing the day-to-day operations of the college scouting department, including organizing all college prospect information (scouting database/player reports/draft boards), handling university relations, and serving as the liaison between the front office and on-the-road scouting staff. He is also the club contact for the NFL Combine and collegiate all-star games. As a scout, he covers Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, North Dakota, South Dakota, and Wisconsin. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. During that time, the Aggies won the Big XII Conference championship and played in the Sugar Bowl and Cotton Bowl. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. His research focused on the career paths of NCAA Division I-A (FBS) athletic directors. Parrish earned his B.A. in education from Central Washington University, where he was a quarterback for the Wildcats football program. His father, Jerry Parrish, is a member of the Seahawks High School Coaches Mentorship Academy, WIAA Hall of Fame, Pacific Northwest Football Hall of Fame, and Washington State Football Coaches Hall of Fame (North Kitsap H.S.). He and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

FOOTBALL OPERATIONS

LAMAR CAMPBELL

Director of Personnel Development/Area Scout

LaMar Campbell is in his third season with the Seahawks and his first in his current role, following two years in player engagement (2023-24). With more than a decade of experience in the NFL as a player , scout, and executive, he has contributed to a variety of initiatives supporting player development, mental health, and organizational culture. His work reflects a strong commitment to helping athletes grow on and off the field. Before joining the Seahawks, Campbell spent five seasons with the Chicago Bears, serving as Vice President of Player Engagement in 2021after four years as Director (2017-20). In these executive roles, he helped lead the development of player engagement strategies, supervised staff, and consultants, and served on the NFL Office Steering Committee. He was also part of the Bears 2022 hiring committee for general manger and head coach. Campbell began his administrative career at his alma mater, the University of Wisconsin, where he served as Assistant Athletic Director of Engagement. There, he focused on the holistic development of student-athletes, emphasizing mental, emotional, and physical wellness. He also acted as a liaison between the athletic department and campus communications and assessed senior student-athletes as they prepared for life after college sports as an executive or in professional sports. He previously held the Big Ten Minority Internship in Wisconsin Office of Student Athlete Development. Campbell lettered in football, basketball and track at Strath Haven High School (Pa.) where he earned All-American honors in track & field. A two-time graduate of the University of Wisconsin-Madison, Campbell holds a B.S. in History and a MA in Organizational Leadership & Policy Analysis. He was a four-year letter winner as a safety for the Badgers and signed with the Detroit Lions as an undrafted free agent, spending eight seasons with the organization as both a player and scout.

AZZAAM KAPADIA

Player Personnel Assistant

Azzaam Kapadia begins his second full-season with the Seahawks in 2025, after serving as a scouting intern in 2023. As a pro personnel assistant, he evaluates talent from NFL rosters and practice squads, and other professional leagues (e.g. XFL, CFL), including identification of potential international prospects. Kapadia also writes scouting reports to assess a player's value and scheme fit and how to acquire them relative to the team's needs either through free agency, trade, or waiver wire pickups. He presents scouting reports on future opponents to the coaching staff through breaking down film and evaluating the opponents roster; coordinates free agent visits and tryouts throughout the year, while also assisting the college scouting department throughout the spring at all-star games, the NFL Combine, and Pro Days leading up to the draft, in addition to identifying potential undrafted prospects to add to the roster post-draft. Before joining the club in the summer of 2023, he served as a recruiting assistant for the University of Virginia football team while in school (2019-23) - responsible for initial identification and evaluation of prospective student athletes. He also led scouting efforts for the NCAA transfer portal to identify potential roster additions, and supported the video department in filming home and away games and breaking down film for the coaching staff. Additionally, he interned with the Indianapolis Colts as a football operations intern in summer of 2021, with Athletes First as a football intern in summer of 2022, and worked remotely with the Cleveland Browns during his senior year as a film analyst. Raised in Richmond, Va., he graduated from Virginia's McIntire School of Commerce in 2023, earning his degree in Business Management and Information Technology with a track in Business Analytics and a minor in Leadership.

BILL NAYES

Chief of Staff

Named to his current position on February 10, 2025, Nayes enters his 13th year with the Seahawks, most recently serving in the team's security department for four seasons (2021-24). As chief of staff, he works directly with head coach Mike Macdonald and is responsible for coordinating the team's day-to-day operations, including overseeing player and staff communications and managing the year-round football schedule, which includes the offseason program, OTA days, minicamps and training camp. Nayes returned to the Seahawks following four seasons with the L.A. Rams (2017-20), serving as assistant to the head coach Sean McVay from, coordinating the team schedule and managing all communication between coach McVay and football operations. Before joining the Rams, Nayes spent 2015-16 with the San Francisco 49ers in a similar role where he worked alongside head coach Jim Tomsula (2015) and head coach Chip Kelly (2016). This marked his second stint with the club. He previously held the same position with the 49ers from 2009-12, where he served under both Jim Harbaugh and Mike Singletary. Nayes spent two years (2013-14) at North Carolina State as assistant athletic director/director of football operations under head coach Dave Doeren. In that role, he was responsible for budgeting, team travel, camps, operational schedules and team bowl trips. He also served as a liaison between football and various departments and supervised office personnel. Prior to his time with San Francisco, Nayes served as assistant athletic director/director of football operations at his alma mater, the University of Wisconsin from 2006-09 for head coach Bret Bielema. Prior to Wisconsin, Nayes served as football operations coordinator/team travel with the Seattle Seahawks under head coach Mike Holmgren from 1999-06. During his eight years in Seattle, he was responsible for all aspects of the team's travel, including the budget, team charters, hotel accommodations, meal arrangements and ground transportation. Nayes also organized the Seahawks training camp and minicamps as well as the team's operational schedules. Nayes was originally hired full time by the Packers in 1997 after serving as a training camp intern during the summers of 1995 and 1996. He worked under Holmgren as an administrative assistant/football operations until 1999. His years of working in foot-

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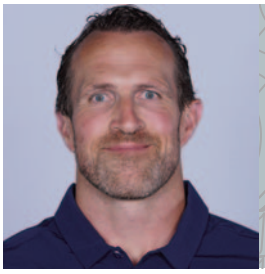
BILL NAYES, CONTINUED

ball operations began at his alma mater as a student football manager for head coach Barry Alvarez, moving into a football operations assistant role upon graduation. Nayes has been a part of seven college bowl games, five international games, 11 NFL postseasons and five Super Bowls. Nayes graduated with a bachelor of science degree from the University of Wisconsin in 1994. He and his wife, Paige, have a daughter, Natalia, and a son, Joe.



IVAN LEWIS

Director of Player Performance & Development

Ivan Lewis enters his first season in his current role following six seasons as the head strength & conditioning coach after joining Seattle on February 22, 2019. Before arriving in Seattle, Lewis spent five seasons (2014-18) at USC in the same capacity, helping the Trojans return to a Rose Bowl championship in 2016 and a Pac-12 Championship following the 2017 season. Prior to USC, he spent five seasons in the Pacific Northwest (2009-13) as the head strength & conditioning coach at the University of Washington. He worked directly with the Huskies football team and was named the 2013 Samson Equipment/American Football Monthly FBS Strength and Conditioning Coach of the Year. He went to UW after three seasons (2006-08) as an assistant at USC under Chris Carlisle and helped the Trojans win three Pac-10 championships and Rose Bowls during his tenure. Lewis began his NFL career with the San Diego Chargers (2004-05) interning in the strength department under the guidance of Dave Redding and Matt Schiotz, after spending two years (2002-03) at the University of San Diego, where he worked with the football team and other sports. He was an assistant football coach and strength & conditioning coach at Mt. Si High School in Snoqualmie (Wash.) in 2000 and 2001. He is a Certified Strength and Conditioning Specialist (CSCS) and is certified by USA Weightlifting (USAW). Lewis graduated from Idaho in 2000 with a bachelor's degree in education and earned a master's degree in leadership studies, with a coaching emphasis, from San Diego in 2003. Lewis has one daughter, Dakota, and one son, D'Angelo.

ANDREA VANDERWOUDE

Director of Performance Nutrition

Andrea Vanderwoude enters her seventh season as director of performance nutrition with the Seahawks in 2025. Prior to joining Seattle, and after completion of the Gatorade Sports Nutrition Immersion Intern (GSNI) program, she served as the Sports Dietitian for the University of Southern California football team from 2016-18. She completed her undergraduate degree in Nutrition and Dietetics from the University of Idaho followed by her Master's in Sports Nutrition from the University of Colorado–Colorado Springs where she worked with athletes at the University of Colorado and The United States Olympic Training Center. Upon completion of her Master's Degree, she was selected for the GSNI program, which places selected dietitians at top sports nutrition facilities within the United States. Vanderwoude is a Registered Dietitian (RD/RDN) and board-certified Specialist in Sports Dietetics (CSSD) through the Academy of Nutrition and Dietetics (AND). Additionally, she has spent time conducting scientific research and believes in a personalized nutrition approach for athletes to help meet their physical requirements.

DAVID STRICKLIN

Head Athletic Trainer

David Stricklin is the Seahawks head athletic trainer and enters his 17th season with the team. Promoted to head athletic trainer in 2019, he served as assistant athletic trainer from 2010-18, and was a season-long assistant in 2005. In his role, Stricklin is responsible for the oversight of healthcare provided for Seahawks players, coaches and football support staff. This includes but is not limited to player medical appointments with physicians and imaging, management of the medical staff including team physicians, athletic trainers, physical therapists, chiropractors and other ancillary healthcare providers. He also manages player's practice and game status as related to injuries and illnesses. He is responsible for ensuring all medical staff is compliant with the most up-to-date emergency management for on-field injuries, current injury rehabilitation and treatment methods, and any other NFL-mandated protocols such as concussion and mental health. Stricklin holds numerous professional licenses and certifications, including a Washington State Athletic Trainers License. Before joining the Seahawks, Stricklin served as an assistant athletic trainer for football and head athletic trainer for Oregon State's nationally ranked baseball program from 2006-10. He was a graduate assistant athletic trainer for the Beavers from 2003-05 after spending the summer of 2002 as an athletic training intern with the San Francisco 49ers. Stricklin earned a Bachelor of Science–Exercise Science degree from Central Washington University and a Master's of Science–Sports Medicine degree, along with a certificate in healthcare administration, from Oregon State University. Married to Courtney, they have two daughters, Olivia and Avery.

COACHES

MIKE MACDONALD

HEAD COACH

Seahawks Experience 2nd Year | NFL Experience 11th Year

MACDONALD'S COACHING CAREER

2008-09	Cedar Shoals (Ga.) H.S.	Linebackers & Running Backs
2010	University of Georgia	Student Assistant
2011-13	University of Georgia	Graduate Assistant
2014	Baltimore Ravens	Coaching Intern (Defense)
2015-16	Baltimore Ravens	Defensive Assistant
2017	Baltimore Ravens	Defensive Backs
2018-20	Baltimore Ravens	Linebackers
2021	University of Michigan	Defensive Coordinator
2022-23	Baltimore Ravens	Defensive Coordinator
2024-	**Seattle Seahawks**	**Head Coach**

Mike Macdonald was named the ninth head coach in Seattle Seahawks history on January 31, 2024.

Macdonald joined Seattle after spending nine of 10 seasons (2014–23) with the Baltimore Ravens, serving the last two seasons as defensive coordinator. He spent the 2021 season as the University of Michigan's defensive coordinator. Prior to his time with the Wolverines, Macdonald spent seven seasons (2014–20) in Baltimore, serving as linebackers coach (2018–20), defensive backs coach (2017), defensive assistant (2015–16), and defensive coaching intern (2014).

In Macdonald's first season as head coach, Seattle finished second in the NFC West with a 10-7 record, marking the Seahawks' 14th double-digit win season in franchise history and the ninth time reaching 10 wins in the last 13 seasons. Macdonald became the winningest first-year head coach in franchise history, surpassing Chuck Knox and Mike Holmgren, each with nine wins. Seattle tied the franchise record (2019 season) with six consecutive road wins and matched the best road record in club history at 7-1. The team concluded the season by winning six of its final eight games, led by a defense that ranked fourth in the NFL in yards allowed (304.8), fifth in points per game (18.4), fifth in first downs allowed (18.1), and sixth in pass defense (205.0) during Weeks 11-18.

Before arriving in Seattle, Macdonald served as the defensive coordinator for the Baltimore Ravens, where he spent nine of 10 seasons from 2014-23. In 2023, he was named the PFWA Assistant Coach of the Year after leading one of the most dominant defensive units in NFL history. That Ravens defense became the first to finish a season ranked No. 1 in points allowed per game (16.5), sacks (60), and takeaways (31, tied). It also led the league in point differential (+203) and turnover margin (+12, tied). The unit was anchored by four AP All-Pros—safety Kyle Hamilton, defensive tackle Justin Madubuike, and linebackers Patrick Queen and Roquan Smith. Madubuike led all interior linemen with 13.0 sacks, and safety Geno Stone ranked second in the NFL with seven interceptions.

MACDONALD VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	0-0	---	0-0
	Buffalo Bills	0-1	---	0-1
	Cincinnati Bengals	0-0	---	0-0
	Cleveland Browns	0-0	---	0-0
	Denver Broncos	1-0	---	1-0
	Houston Texans	0-0	---	0-0
	Indianapolis Colts	0-0	---	0-0
	Jacksonville Jaguars	0-0	---	0-0
	Kansas City Chiefs	0-0	---	0-0
	Los Angeles Chargers	0-0	---	0-0
	Las Vegas Raiders	0-0	---	0-0
	Miami Dolphins	1-0	---	1-0
	New England Patriots	1-0	---	1-0
	New York Jets	1-0	---	1-0
	Pittsburgh Steelers	0-0	---	0-0
	Tennessee Titans	0-0	---	0-0
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	2-0	---	2-0
	Atlanta Falcons	1-0	---	1-0
	Carolina Panthers	0-0	---	0-0
	Chicago Bears	1-0	---	1-0
	Dallas Cowboys	0-0	---	0-0
	Detroit Lions	0-1	---	0-1
	Green Bay Packers	0-1	---	0-1
	Los Angeles Rams	1-1	---	1-1
	Minnesota Vikings	0-1	---	0-1
	New Orleans Saints	0-0	---	0-0
	New York Giants	0-1	---	0-1
	Philadelphia Eagles	0-0	---	0-0
	San Francisco 49ers	1-1	---	1-1
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	0-0	---	0-0
	Washington Commanders	0-0	---	0-0
	Career Totals	**10-7**	**—-**	**10-7**

MACDONALD'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
2024	Seattle	10	7	0	.588	2nd, NFC West
Reg. Season (1 Yr.)		**10**	**7**	**0**	**.588**	
Postseason		**0**	**0**	**0**	**.000**	
Combined Record		**10**	**7**	**0**	**.588**	

After one season at Michigan, Macdonald returned to the Ravens as their defensive coordinator in 2022, where he found immediate success. That year, Baltimore ranked third in scoring defense (18.5 ppg), third in run defense (92.1 ypg), third in red zone defense (46.4%), and fourth in third-down defense (34.9%).

While leading the defense at Michigan in 2021, Macdonald's unit posted the nation's No. 8 scoring defense (17.4 ppg), ranked 20th in yards allowed per game (330.9), and finished 11th in red zone defense (45.7%). He played an instrumental role in the breakout season of No. 2 overall pick DE Aidan Hutchinson, who earned first-team All-America honors and was a Heisman Trophy finalist after recording a career-high and single-season school record 14.0 sacks.

From 2018-20, Macdonald led a Ravens linebacking corps that helped Baltimore produce the NFL's No. 1 overall defense (307.8 ypg) over that span, while also allowing the league's fewest points per game (18.2). LBs Matthew Judon (2019-20) and C.J. Mosley (2018) earned Pro Bowl honors under Macdonald's tutelage.

In 2020, Baltimore allowed the NFL's second-fewest points (18.9) and seventh-fewest yards (329.8 ypg). The Ravens also had the league's No. 2 third-down defense (34.0%) and produced an NFL-high 25 forced fumbles.

The Ravens upheld their strong defensive tradition in 2019, allowing the NFL's third-fewest points (17.6) and fourth-fewest yards (300.6 ypg). Baltimore also ranked fifth against the run (93.4 ypg) and sixth in pass defense (207.2 ypg), en route to a franchise-best 14–2 record and a second-straight AFC North Division title. In 2018, the Ravens boasted the NFL's No. 1 defense, allowing just 292.9 yards per game and the second-fewest points per game (17.9).

Before joining Baltimore in 2014, Macdonald spent four seasons (2010-13) at the University of Georgia, first as a student assistant (2010), then three years as a graduate assistant, working primarily with the linebackers. He helped mentor LB Ramik Wilson, who earned first-team All-SEC honors after leading the conference with 133 total tackles, including 11 for loss.

While attending Georgia, Macdonald began his coaching career at Cedar Shoals High School, coaching linebackers and running backs under head coach Xarvia Smith—his former coach at Centennial High School in Roswell, Ga.

Macdonald graduated summa cum laude with a finance degree from Georgia's Terry College of Business in 2010 and earned his master's degree in sports management from Georgia in 2013 while serving as safeties and defensive quality control coach for the Bulldogs.

A two-sport athlete (football and baseball) at Centennial High, Macdonald and his wife, Stephanie, were married in 2021 and have one son, Jack.

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009	Jim Mora	5	11	0	.313	---	---	---
2010-23	Pete Carroll	137	89	1	.606	10	9	.526
2024-	Mike Macdonald	10	7	0	.588	---	---	---

*Patera was replaced by Mike McCormack after two games of the 1982 season.

ADEN DURDE

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 9th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

(AD-in DUR-tee)

DURDE'S COACHING CAREER

2011-16	London Warriors	Defensive Coordinator
2016	Atlanta Falcons	Coaching Intern
2018-19	Atlanta Falcons	Defensive Assistant
2020	Atlanta Falcons	Outside Linebackers
2021-23	Dallas Cowboys	Defensive Line
2024-	**Seattle Seahawks**	**Defensive Coordinator**

Aden Durde joined the Seahawks coaching staff as defensive coordinator on February 13, 2024, following three seasons (2021-23) as the Cowboys defensive line coach. He returned to Dallas in 2021 after beginning his NFL coaching career there during training camp as a Bill Walsh NFL Diversity Coaching Fellowship intern in 2014 and 2015.

In his first season as defensive coordinator, Durde helped the development of a Seattle defensive unit that finished strong, ranking fifth in points allowed per game (18.4), fourth in yards allowed per game (304.8), fifth in first downs (18.1), and sixth in pass defense (205.0) during Weeks 11-18. DE Leonard Williams was selected to the Pro Bowl and led all NFL interior linemen in sacks (11.0, T10th NFL) and tackles for loss (career-high 16), becoming the first Seattle player to reach double-digit sacks since 2018. CB Devon Williams became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations.

In 2023, Durde saw second-team AP All-Pro LB Micah Parsons set a career-high with 14.0 sacks and join Hall of Famer Reggie White as the only players since 1982 to record 13.0 or more sacks in each of their first three NFL seasons. In three seasons under Durde, Parsons 40.5 sacks made him the fifth player since 1982 to record at least 40 sacks in his first three seasons, joining Reggie White (52.0), Derrick Thomas (43.5), Aldon Smith (42.0) and Dwight Freeney (40.0). Parsons was also a three-time Pro Bowler and three-time AP All-Pro (first-team in 2021-22).

Durde's guidance of the defensive line saw continued success in 2022 as the unit contributed 44 of the defense's 54 sacks on the season, including Parsons 13.5 sacks as the linebacker played the vast majority of his snaps as an edge rusher on the line in his second season. Parsons joined Aldon Smith and Reggie White as the only players since 1982 with 13.0-plus sacks in both of their first two seasons. The defensive line also realized career seasons from Dorance Armstrong, who tallied a career-best 8.5 sacks, and Osa Odighizuwa, who had 4.0 sacks and an additional five tackles for loss. Overall, Dallas' 54 sacks ranked third in the NFL in 2022 and were the most by a Cowboys defense since 59 sacks in 2008. The unit also forced the fourth-most negative plays in 2022 with 115.

In his first season at the helm of the defensive line, Durde's unit produced 23 sacks and pressured opposing quarterbacks on 237-of-684 opponent dropbacks, the third-most in the league in 2021, per Pro Football Focus. With a foot injury to DeMarcus Lawrence, rookie Parsons accumulated a franchise rookie record 13.0 sacks.

Prior to Dallas, Durde spent four seasons with the Atlanta Falcons under Dan Quinn, where he was first a coaching intern (2016), then a defensive assistant (2018-19) and finally the outside linebackers coach (2020).

In 2020, two Falcons linebackers surpassed the century mark in tackles - Foye Oluokun (team and career-high 116) and Deion Jones (105), while Jones' career-high 4.5 sacks also led all team defenders. Additionally, Durde filled in as the team's defensive line coach at Minnesota (10/18/20) when both of the Falcons two defensive line coaches did not travel for the game due to COVID-19 restrictions. In 2019, Durde assisted in overseeing a defensive line unit that was anchored by Grady Jarrett and Tyeler Davison.

Durde joined the Falcons after serving as the head of football development at NFLUK, where he helped guide the International Player Pathway program. Working with Super Bowl champion and former Falcon Osi Umenyiora, Durde helped four international players, tight end Alex Gray (Atlanta), defensive end Alex Jenkins (New Orleans), defensive end Efe Obada (Washington), and linebacker Eric Nzeocha (Tampa Bay) transition to practice squads in 2017.

Prior to his work with NFLUK, Durde spent training camp with the Falcons as part of the Bill Walsh NFL Diversity Coaching Fellowship in 2016. He also worked as a coaching intern for the NFL's fellowship program with the Cowboys during training camp in 2014 and 2015. Durde also served as the defensive coordinator of the London Warriors for six seasons (2011-16).

He played linebacker in NFL Europe for six years with the Scottish Claymores and Hamburg Sea Devils and was a member of Hamburg's 2007 NFL Europa World Bowl XV Championship team, the final championship in the European league history. He also spent time on the practice squads of the Carolina Panthers (2005) and Kansas City Chiefs (2008).

Born on July 10, 1979, in North London, England, Durde and his wife, Kate, have two sons, Kane and Dylan.

JAY HARBAUGH

SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 5th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

HARBAUGH'S COACHING CAREER

2008-11	Oregon State	Undergraduate Assistant
2012-14	Baltimore Ravens	Offensive Quality Control
2015-16	University of Michigan	Tight Ends/Asst. Special Teams
2017-18	University of Michigan	Running Backs/Asst. Special Teams
2019-20	University of Michigan	Running Backs/Special Teams Coordinator
2021	University of Michigan	Tight Ends/Special Teams Coordinator
2022-23	University of Michigan	Safeties/Special Teams Coordinator
2024-	**Seattle Seahawks**	**Special Teams Coordinator**

Jay Harbaugh joined the Seahawks staff as special teams coordinator on February 13, 2024, after spending nine seasons with the University of Michigan.

In Harbaugh's first year in Seattle, kicker Jason Myers connected on 26 of 30 field goal attempts and set a career-high and franchise-record nine field goals from 50-plus yards. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season. Core special teamer Brady Russell led the club with 10 tackles despite missing six games due to injury.

During his time at Michigan, Harbaugh served as a special teams coach from 2015-19 before being named special teams coordinator before the 2020 season. Harbaugh also led the tight ends (2015-16, 21), running backs (2017-20), and safeties (2022-23). He was part of a coaching staff that topped 10 wins six times and made three consecutive College Football Playoff appearances from 2021-23, winning the national championship in 2023.

Harbaugh coached a top-20 NCAA-ranked kickoff coverage unit in five of his eight seasons at Michigan including the top-ranked unit in 2017 and the No. 5 unit in 2023. U-M has had a top-25 kick return unit four times (third, 2015; 11th, 2019; 24th, 2020; ninth, 2023). He helped nine Wolverine specialists attain 21 more All-Big Ten honors with one consensus All-American in kicker Jake Moody. In 2021, the Wolverines set school records for net punting and the kickoff unit ranked first nationally (12.4 yards per return attempt). Michigan's special teams unit ranked No. 1 in 2021 and No. 2 in 2019, according to Football Outsiders. Harbaugh was named the Special Teams Coordinator of the Year by FootballScoop.com in 2021.

Under Harbaugh, Moody became the program's first-ever winner and two-time finalist of the Lou Groza Award, and the Big Ten's Bakken-Andersen Big Ten Kicker of the Year, an award he won twice (2021-22). Moody owns Michigan records for career points, field goals, and 40-plus field goals, among others, in addition to a number of single-season records set in 2022.

Two Michigan punters were named semifinalists for the Ray Guy Award: Brad Robbins (2021-22) and Will Hart (2018), who was named a second-team All-American and won the Big Ten's Eddleman-Fields Punter of the Year Award. Hart and Robbins rank one-two in U-M history in single-season and career net punt average. Hart was named a second-team All-American by Sports Illustrated in 2018, ranked as a Ray Guy Award semifinalist and also won the Big Ten's Eddleman-Fields Punter of the Year Award.

In the return game, Donovan Peoples-Jones was a freshman All-American punt returner in 2017, and Jabrill Peppers was the No. 5-ranked individual return man in the nation in 2016. Giles Jackson matched the program record for kickoff return touchdowns with two through his sophomore season (2020), and Khaleke Hudson blocked five punts during his career - a Michigan record. A.J. Henning was twice named an All-Big Ten return man (second team, third team).

While leading the safeties, Harbaugh helped Michigan's pass defense finish No. 5 in pass efficiency defense and No. 20 in pass defense in 2022. U-M held teams to 16.1 points per game (No. 7 NCAA) and safeties Rod Moore and Makari Paige were All-Big Ten honorable mention honorees.

In 2021, Harbaugh's tight end group totaled 57 receptions, led by Erick All, whose 38 catches were the second-most on the roster. The tight end group under Harbaugh was multiple and versatile, a key piece to the Big Ten's best-rushing offense (214.4 yards per game). All was honorable mention All-Big Ten.

In 2019, Harbaugh saw running backs Zach Charbonnet and Hassan Haskins combine for more than 1,300 yards and 15 touchdowns, including a freshman-record 11 scores from Charbonnet. Haskins earned All-Big Ten honorable mention honors and Charbonnet's 726 yards on the ground were the third-most by any freshman in Michigan history, and his four multi-touchdown games were a freshman record as well.

Taking over the running backs room in 2017, Harbaugh helped lead a Michigan ground attack that included three running backs who averaged 5.0 yards per carry or better and each ran for over 500 yards for the first time since 1991. Karan Higdon was a Maxwell Award and Doak Walker Award semifinalist in 2018, as well as a first-team All-Big Ten selection, while becoming Michigan's first 1,000-yard back since 2011.

Harbaugh coached four running backs and tight ends to five All-Big Ten honors, including three first-team accolades. He mentored Michigan's most accomplished tight end, Jake Butt, during the 2015 and 2016 seasons. Butt became Michigan's all-time leader in tight end receptions (138) and yards (1,646). Butt won two Kwalick-Clark Tight End of the Year Awards as the Big Ten's best tight end, was a consensus first-team All-American both years, and won the 2016 John Mackey Award winner as the nation's top tight end.

Prior to arriving in Ann Arbor, Harbaugh spent three seasons working for the Baltimore Ravens, including the 2014 season as an offensive quality control coach, where his work focused on statistical analysis, self-scouting reports and breakdowns of opposing defenses. In 2014, the Ravens posted a record of 11-7, including a wild card playoff game win at Pittsburgh. His previous work included working with the video staff and the weight room staff and was part of the coaching staff that won Super Bowl XLVII under his uncle John Harbaugh.

Harbaugh spent four seasons as an undergraduate assistant at Oregon State under head coach Mike Riley. He performed a number of duties for the Beavers during his time in Corvallis and worked with the special teams units for all four seasons. The Beavers played in two bowls during Harbaugh's tenure (2008-2011), including a win in the 2008 Sun Bowl. He also interned for the San Francisco 49ers in the scouting department during the summer of 2011.

A native of San Diego, Calif., Harbaugh earned a bachelor's degree in sociology from Oregon State. He is the son of former Michigan head coach and current L.A. Chargers coach, Jim Harbaugh.

He and his wife, Brhitney, have two children, Jacob, and Norma.

KLINT KUBIAK

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 12th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

KUBIAK'S COACHING CAREER

2010-11	Offensive Quality Control	Texas A&M
2012	Graduate Assistant/Inside Wide Receivers	Texas A&M
2013-14	Quality Control/Assistant Wide Receivers	Minnesota Vikings
2015	Wide Receivers	University of Kansas
2016-18	Offensive Assistant/Quarterbacks	Denver Broncos
2019-20	Quarterbacks	Minnesota Vikings
2021	Offensive Coordinator	Minnesota Vikings
2022	Offensive Passing Game Coordinator/QBs	Denver Broncos
2023	Offensive Passing Game Specialist	San Francisco 49ers
2024	Offensive Coordinator	New Orleans Saints
2025-	**Offensive Coordinator**	**Seattle Seahawks**

Klint Kubiak joined the Seahawks staff on January 26, 2025, after one season serving in the same capacity for the New Orleans Saints. It will be his 12th season as an NFL assistant and 16th overall in the coaching ranks.

It was an injury-plagued offense for Kubiak in 2024 as the Saints utilized three starting quarterbacks. Starter Derek Carr was limited to 10 games, with backups Spencer Rattler and Jake Haener starting the remaining seven games. No. 1 WR Chris Olave, a 1,000-yard receiver in each of his first two seasons, saw his third season cut to eight games and 32 receptions for 400 yards. Kubiak relied on RB Alvin Kamara, who set a career-high with 950 yards on 228 carries, the second-most of his career, while adding six rushing touchdowns. Kamara also led the team in receptions (68) for 543 yards, second-most on the team, with two touchdowns.

As the San Francisco 49ers offensive passing game specialist in 2023, Kubiak played a pivotal role in the planning and tutelage within the passing game of the 49ers. San Francisco finished the regular season ranked second in the NFL in total offense (398.4 ypg), including fourth in net passing yards per game (257.9). It finished first in the league in red zone touchdown percentage (67.2), fourth in third down conversion percentage (47.5) and were tied for the sixth-fewest turnovers in the NFL. Pro Bowl QB Brock Purdy completed 308 of 444 (69.4%) passes for 4,280 yards with 21 touchdowns and 11 interceptions for a league-best 113.0 passer rating, and an NFL-best 123.8 in the fourth quarter. Including Purdy, five offensive 49ers were selected to the Pro Bowl and four as Associated Press All-Pros (TE George Kittle, FB Kyle Juszczyk, RB Christian McCaffrey and T Trent Williams).

In 2022, Kubiak, served as offensive passing game coordinator/quarterbacks coach for the Denver Broncos, after coaching three seasons with the Minnesota Vikings (2019-21), the first two seasons as quarterbacks coach and one year as offensive coordinator.

In 2021, the Vikings offense finished 12th in the NFL in total offense (362.8 ypg.) and 11th in net passing yards per game (249.3), while tying for the fewest interceptions (7) and total giveaways (13). WR Justin Jefferson finished with 108 receptions for 1,616 yards with 10 touchdowns, finishing ranked in the top-10 in all three major receiving categories, earning AP All-Pro honors. QB Kirk Cousins added the third season of his career with 4,000-or-more passing yards and 30-or-more touchdown passes, as he was named to his third Pro Bowl. Pro Bowl RB Dalvin Cook carried 249 times for 1,259 yards with six touchdowns and caught 34 passes for 224 yards.

Under Kubiak's tutelage in 2020, Cousins passed for 4,265 yards with 35 touchdowns, a 67.6 completion percentage and 105.0 passer rating, while the Vikings ranked fourth in the NFL in total offense. Cousins became the first Vikings signal-caller to record a 100+ passer rating in consecutive seasons (105.0), his second-highest of his career behind his 107.4 in 2019, which also came with Kubiak's tutoring. Working with Kubiak in 2019, Cousins also posted 3,602 passing yards and 26 touchdowns with only six interceptions, as he was named to the Pro Bowl.

During the three-season period that Kubiak was on the Vikings offensive staff from 2019-21, Cousins started all 47 games, passing for at least 26 touchdowns and had a 100.0 passer rating each season. Under Kubiak's guidance over the three seasons, Cousins ranked fourth in the NFL in passer rating (105.0), fifth in touchdown passes (94), sixth in passing yards (12,089) and seventh in completion percentage (67.6).

Kubiak served as offensive assistant/quarterbacks coach in his first coaching stint with the Broncos from 2016-18. In 2018, he helped Denver QB Case Keenum throw for 18 touchdowns and a career-high 3,890 yards. Kubiak started his NFL coaching career with the Vikings as a quality control/assistant wide receivers coach from 2013-14.

In addition to his NFL experience, Kubiak coached four years at the collegiate level with Texas A&M and Kansas. He served as an offensive quality control coach (2010-11) and graduate assistant/inside wide receivers coach (2012) for Texas A&M, earning his master's degree in human resource development. Kubiak coached wide receivers for the Jayhawks in 2015.

Kubiak was a four-year letterman at Colorado State. He played safety for the Rams and was named a team captain as a senior, while earning an invite to play in the East-West Shrine Game.

He is the oldest son of Gary Kubiak, who played quarterback for the Denver Broncos for nine seasons (1983-91), was a long-time NFL assistant coach, the Houston Texans head coach (2006-13), and Super Bowl 50-winning head coach for the Broncos (2015-16). He has two brothers, Klay, the San Francisco 49ers offensive passing game specialist, and Klein, who serves as a national scout/special projects for the Dallas Cowboys.

JOHN BENTON

OFFENSIVE LINE

NFL EXPERIENCE: 21st YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

BENTON'S COACHING CAREER

1987-90	Colorado State	Graduate Assistant
1990-94	California University (Pa.)	Offensive Line
1995-99	Colorado State	Offensive Line
2000-03	Colorado State	Co-Offensive Coordinator/Off. Line
2004-05	St. Louis Rams	Offensive Line
2006-13	Houston Texans	Offensive Line
2014-15	Miami Dolphins	Offensive Line
2016	Jacksonville Jaguars	Asst. Offensive Line
2017-20	San Francisco 49ers	Offensive Line
2021-22	New York Jets	Offensive Line/Run Game Coordinator
2024	New Orleans Saints	Offensive Line
2025-	**Seattle Seahawks**	**Offensive Line**

John Benton joined the Seahawks staff as offensive line coach on February 11, 2025. Benton, a 37-year veteran in the coaching ranks, including 20 in the NFL, spent the 2024 season in the same role with the New Orleans Saints. Of the NFL offensive lines he has directed since 2004, seven of them finished in the Top 10 in the NFL in rushing yards per game.

As part of offensive coordinator Kilnt Kubiak's offensive scheme with the New Orleans Saints in 2024, Benton coached an offensive line that helped two-time All-Pro running back Alvin Kamara reach a career-high in rushing yards (950) on 228 carries (4.2 avg.) along with six touchdowns and catching a club-best 68 passes for 573 yards (8.0 avg.) and two touchdowns. That offensive line featured rookie left tackle Taliese Fuaga, the 14th overall pick in the 2024 NFL Draft out of Oregon State. Fuaga was an anchor on the Saints offensive line in his rookie campaign, seamlessly moving over to the left tackle position for his first NFL season, starting all 17 games for an offense that saw improvements in every rushing metric.

Benton spent the 2021 and 2022 seasons as the offensive line coach and run game coordinator of the New York Jets. In 2022, Benton's position group showcased their depth and versatility as nine different starters formed seven different combinations, with the Jets improving their win total by three games. Before suffering a season-ending knee injury in Week 7, rookie running back Breece Hall developed and shined behind the Jets offensive line, carrying 80 times for 463 yards (5.8 avg.) with four touchdowns and catching 19 passes for 218 yards with one touchdown. Entering the starting lineup in Week 5 after recovering from an injury, starting left tackle Duane Brown did not give up a sack in 12 contests.

In his first season with the Jets, Benton's group had 11 different players see time, including nine different starters that formed seven different combinations. Improving in the system over the course of the season in both the run and pass game, the line helped pave the way for the Jets to average 5.2 yards per carry, the second-best average in the league over the final eight weeks. In pass protection, the line improved their pressure allowed percentage from 32.4 to 25.6 over Weeks 11-18, a top half percentage in that span. The line's depth and versatility was on full display in Weeks 16 & 17, as Benton's group – dealing with injuries and COVID - blocked for consecutive games of 150-plus rushing yards and one-or-fewer sacks allowed, only the third team in the league with consecutive such games and the first time the Jets did so in back-to-back weeks since 2015. Over those weeks, only two players, Dan Feeney and Morgan Moses – neither Kickoff Weekend starters – started and finished both games, while the Jets used 10 different linemen and seven different starters. Selected in the first round of the 2021 draft following a trade up, rookie left guard Alijah Vera-Tucker allowed just two sacks, the second fewest among all rookies (w/ 500 snaps according to Pro Football Focus) and was named to the PFWA All-Rookie team. Following the loss of second-year standout left tackle Mekhi Becton in Week 1, right tackle George Fant switched to the left side for the remainder of the season and allowed pressure on just 3.2% of his snaps, third-best among all tackles (w/ 400+ pass block snaps according to Pro Football Focus) and the best among left tackles. Additionally, Fant finished with the lowest pressure rate allowed of any Jets tackle since 2006. Another second-year free agent signing, Connor McGovern, was graded as PFF's number nine overall center in 2021.

Over Benton's four seasons in San Francisco (2017-20) as the offensive line coach, the 49ers produced the fourth most rushing yards in the league, with top ten rushing offenses in each of his last three seasons, including the league's number one rushing attack in 2019 as they advanced to Super Bowl LIV. Additionally, in his time with San Francisco, three different tailbacks – Raheem Mostert, Jeffrey Wilson and Matt Breida – all averaged over 4.4 yards per carry on at least 200 attempts, one of only two teams in the league with at least three such players. The line protected quarterback Jimmy Garoppolo, as he finished fourth in yards per attempt (8.2), fifth in completion percentage (67.5%) and ninth in passer rating (98.6) among signal-callers with at least 25 starts since 2018.

Prior to his time in San Francisco, Benton spent a season in Jacksonville (2016) as an assistant offensive line coach. The Jaguars offensive line allowed 34 sacks, 17 fewer than the previous season (51 sacks allowed).

Benton spent two years with the Miami Dolphins (2014-15) as offensive line coach. In his first season with the Dolphins, running back Lamar Miller and quarterback Ryan Tannehill became the first players in team history to register 1,000 yards rushing and 4,000 yards passing in the same season. Additionally, center Mike Pouncey was a two-time Pro Bowler in his two seasons under Benton, while tackle Brendan Albert was also selected.

The offensive line coach with Houston for eight seasons (2006-13), Benton's line helped pave the way for the Texans to finish top-10 in rushing yards in four different seasons, including the 2010 NFL rushing title by Arian Foster (1,616 yards). Foster, a three-time Pro Bowl selection while running behind Benton's lines, averaged 85.8 yards per game, including 94.8 yards per game from 2010-12. Additionally, Benton's eight seasons with the Texans produced five of the top-10 point totals in franchise history, five of the top-10 passing seasons and five of the top-10 rushing seasons, while three different offensive linemen – Brown, center Chris Myers and guard Wade Smith – each earned their first Pro Bowl selections under him.

Benton's first position in the NFL came as the offensive line coach with the St. Louis Rams (2004-05), as the line, anchored by All-Pro tackle Orlando Pace, helped Stephen Jackson rush for the first 1,000-yard season of his career.

Prior to the NFL, Benton coached 17 years at the collegiate level. He began his coaching career as a graduate assistant at his alma mater, Colorado State (1987-90), before moving on to California University (Pa.) from 1990-94, where he served as offensive line coach/recruiting coordinator. He returned to Colorado State in 1995, spending nine years as offensive line coach (1995-99) and co-offensive coordinator (2000-03).

A four-year starter as an offensive lineman at Colorado State (1983-86), the Durango, Colo. native earned honorable mention All-WAC honors during his junior and senior seasons as well as being named conference All-Academic as a senior.

Benton and his wife, Nicole, have two daughters, Gabrielle and Paige.

MACK BROWN

TIGHT ENDS

NFL EXPERIENCE: 7th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

BROWN'S COACHING CAREER

2010	William Jewell College	Wide Receivers
2011	Lawrence (Kan.) H.S.	Offensive Coordinator/Quarterbacks
2012	University of Missouri	Recruiting Asst./Offensive QC/Grad. Asst.
2013-14	University of Missouri	Offensive Graduate Assistant/Tight Ends
2015	Missouri State	Wide Receivers
2016	Missouri State	Co-Offensive Coordinator/Quarterbacks
2017-18	Missouri State	Offensive Coordinator/Quarterbacks
2019-20	N.Y. Jets	Defensive Assistant
2021-23	N.Y. Jets	Offensive Assistant
2024-	**Seattle Seahawks**	**Tight Ends**

The Seahawks hired Mack Brown as tight ends coach on February 22, 2024. Brown previously spent five seasons with the N.Y. Jets; three as an offensive assistant, after two seasons as a defensive assistant.

Last season, Brown was instrumental in the development of rookie AJ Barner, who finished the season with 30 receptions for 245 yards, while making six starts. Barner recorded a catch in 13 consecutive games, the longest streak by a rookie tight end in franchise history. Noah Fant tallied 500 receiving yards for the fourth time in his career despite missing three games.

In 2023, Brown was part of a staff that helped RB Breece Hall accumulate a team-high 1,585 yards from scrimmage, the most by a Jet since Curtis Martin's franchise-record 1,942 in 2004. Hall passed another milestone with 190 total yards vs. the Patriots, the fourth time in his career he has reached that mark in a single-game. Those four games with more than 190 total yards rank first in Jets history over a two-year span. TE Jack Conklin reached career-highs in receptions (61) and yards (621). WR Garrett Wilson finished his sophomore season with 1,042 receiving yards, three touchdowns and a career-high 95 receptions. He became the first Jets receiver in franchise history to start a career with consecutive 1,000-yard seasons.

Brown worked primarily with the wide receivers in 2022, including serving as the interim wide receivers coach for the last three games. Wilson led all rookies in receptions (83) and receiving yards (1,103), earning AP NFL Offensive Rookie of the Year honors, edging out Seahawks RB Kenneth Walker III.

In 2021, his first on the offensive side with the Jets, Brown worked primarily with the wide receivers as five different Jets receivers caught at least 25 passes, the only such team in the league, while four had multiple touchdown receptions. Following the season, in the 2022 Senior Bowl, Brown coached wide receivers on the National Team.

Working primarily with the linebackers in his first two seasons (2019-20), New York's defense allowed just 99.5 rushing yards per game, the fourth-best average in the league.

Prior to joining the Jets, Brown spent the previous three seasons as the offensive coordinator/quarterbacks coach at Missouri State, helping the Bears increase their scoring average in consecutive seasons.

Before Missouri State, Brown served on the staff at Missouri, starting as a recruiting assistant before adding the role of offensive quality control/graduate assistant. He began his coaching career as an assistant coach at William Jewell College, before moving on as the offensive coordinator and quarterbacks coach at Lawrence (Kan.) High School.

As a quarterback at Baker University, Brown was a first-team All-HAAC performer in 2008 and a three-time NAIA Academic All-American, helping lead the Wildcats to their first NAIA playoff berth in 15 years. He finished with school records for most passing yards in a career, season, and single-game.

Brown completed a master's degree in health, physical education, and recreation from Emporia State in 2011. He and his wife, Amanda, have one son, Reed, and one daughter, Quinn.

JOSH BYNES

DEFENSIVE ASSISTANT/LINEBACKERS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

BYNES' COACHING CAREER

2024-	**Seattle Seahawks**	**Defensive Assistant/Linebackers**

Hired as a defensive assistant/linebackers coach by the Seahawks on February 22, 2024, Bynes enters his second season as an NFL coach.

Bynes retired from his NFL playing career in December 2023 after beginning his career as an undrafted rookie in 2011 and played from 2011-22, spending six seasons with the Ravens in three separate stints: 2011-13, 2019, 2021-22. He also played for Detroit (2014-16), Arizona (2017-18), and Cincinnati (2020). Bynes finished his career with 138 games played, including 82 starts, and was a member of the Ravens' Super Bowl XLVII winning team.

Playing in 14 games (12 starts) in 2021, Bynes registered 76 tackles (third most on the team), a career-high six tackles for loss, 2.0 sacks and four quarterback hits for the NFL's No. 1 rushing defense (84.5 ypg). In 2020, he started all 16 games for the first time in his career with Cincinnati and tallied a career-high 99 tackles with five tackles for loss and 1.0 sack. In 2019, he totaled 45 tackles, 1.0 sack, two interceptions and four passes defensed, helping Baltimore's defense rank No. 3 in points (17.6) and No. 4 in yards allowed (300.6).

Bynes attended Auburn and appeared in 43 career games with the Tigers, recording 238 tackles (127 solo), seven interceptions, 19 passes defensed, two forced fumbles and two fumble recoveries. He led the team in tackles in both 2009 and 2010 and started 35 consecutive games dating back to his sophomore year. Totaling 73 tackles, three interceptions, five passes defensed and one forced fumble, he helped lead Auburn to a National Championship as a senior in 2010.

Bynes has three children, Josh Jr., Jase, and Jordy.

MICHAEL BYRNE

OFFENSIVE ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

BYRNE'S COACHING CAREER

2010-11	Texas A&M	Football Operations/Senior Offensive Intern
2012	West Texas A&M	Running Backs
2013-15	Texas A&M	Graduate Assistant/Assistant RBs
2016	Rudder High School	Co-Offensive Coordinator
2017-18	Vandegrift High School	Co-Offensive Coordinator
2019	Pacific Lutheran University	Defensive Assistant
2020	Pacific Lutheran University	Offensive Assistant
2021	Pacific Lutheran University	Director of Football Analytics
2024	New Orleans Saints	Coaching Assistant
2025-	**Seattle Seahawks**	**Offensive Assistant**

On February 11, 2025, Michael Byrne was hired by the Seahawks as an offensive assistant. Byrne's coaching experience includes coaching at all three NCAA divisions along with time at the high school level.

Most recently, Byrne spent the 2024 season with Klint Kubiak and the Saints as a coaching assistant. Prior to that, Byrne worked for Pro Football Focus as an analyst, and previously held the title of director of football analytics at Pacific Lutheran University in 2021, offensive assistant in 2020, and defensive assistant in 2019.

Byrne spent the 2017-18 seasons as the co-offensive coordinator at Vandegrift High School in Austin, Texas, helping Vandegrift make two trips to the state playoffs and winning the district title in 2018. Prior to Vandegrift, Byrne spent one season as the co-offensive coordinator at Rudder High School in Bryan, Texas in 2016.

Byrne worked for Texas A&M on two separate occasions; first as a football operations/senior offensive intern in 2010-11 and then graduate assistant/assistant running backs coach from 2013-15. The Aggies earned three bowl bids (Chick-Fil-A, Liberty, and Music City) while ranking fourth in the FBS in total offense in 2014, amassing 538.4 yards per game.

Between his A&M stops, he spent the 2012 season at West Texas A&M University as the program's running backs coach. He helped guide the Buffaloes to the Lone Star Conference Championship and a spot in the NCAA Division II Tournament semifinals.

Byrne earned a bachelor of arts in history from PLU in 2009 while earning a masters of science in sport management from Texas A&M in 2012. Byrne started his college career at FCS Iona College, earning MAAC Academic All-Conference honors before transferring to PLU to finish his playing career where he was a two-year starter, team captain, and All-Northwest Conference selection at quarterback in 2008.

ROB CAPRICE

DEFENSIVE INTERN

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

CAPRICE'S COACHING CAREER

2021-23	University of Tennessee	Defensive Graduate Assistant
2024-	**Seattle Seahawks**	**Defensive Intern**

The Seahawks hired Rob Caprice on February 22, 2024, after spending three seasons (2021-23) at the University of Tennessee aiding the defensive staff.

Caprice was part of the winningest three-year (2021-23) stretch at Tennessee in two decades, winning 27 games, including the 2022 Orange Bowl over ACC champion Clemson and 2024 Citrus Bowl over Big Ten West champion Iowa. Tennessee secured back-to-back top-20 poll finishes for the first time since 2003-04, ranking No. 6 in 2022 and No. 17 in 2023.

From 2021-23, Tennessee racked up 297.0 tackles for loss, which led the SEC during that span. Since the start of the 2022 season, Tennessee allowed just 3.24 yards per rush. That figure was the eighth-best mark in the nation and led the SEC.

The 2023 season saw the Vols defense finish in the top 25 nationally in six different major categories; scoring defense (22nd; 20.3), yards per play(19th; 4.97), defensive touchdowns (1st; 5), rushing defense (19th; 113.7), tackles for loss (6th; 101) and sacks (9th; 41).

RICK DENNISON

RUN GAME COORDINATOR/SENIOR OFFENSIVE ADVISOR

NFL EXPERIENCE: 29th YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

DENNISON'S COACHING CAREER

1992-94	Suffield (Conn.) Academy	Assistant Coach
1995-96	Denver Broncos	Offensive Assistant
1997-00	Denver Broncos	Special Teams
2001-05	Denver Broncos	Offensive Line
2006-08	Denver Broncos	Offensive Coordinator
2009	Denver Broncos	Offensive Line
2010-13	Houston Texans	Offensive Coordinator
2014	Baltimore Ravens	Quarterbacks
2015-16	Denver Broncos	Offensive Coordinator
2017	Buffalo Bills	Offensive Coordinator
2018	New York Jets	Offensive Line
2019	Minnesota Vikings	Offensive Line
2020	Minnesota Vikings	Offensive Line/Run Game Coordinator
2021	Minnesota Vikings	Senior Offensive Advisor
2024	New Orleans Saints	Senior Offensive Assistant
2025-	**Seattle Seahawks**	**Run Game Coord./Sr. Offensive Advisor**

Rick Dennison joined the Seahawks staff on February 18, 2025, bringing a wealth of offensive experience as run game coordinator/senior offensive advisor. Dennison has been part of 13 playoff appearances, five division titles, and three Super Bowl victories - Super Bowl XXXII, XXXIII and 50.

Dennison has been part of 12 seasons of 10-plus wins under his belt. His 17 seasons in Denver resulted in three Super Bowl titles, eight playoff appearances, four AFC West titles and eight seasons of 10-plus wins while only experiencing two losing seasons.

Dennison has coached 18 different Pro Bowl players across seven different positions, including six offensive linemen. Of those six, five made their first Pro Bowl appearance under him, while three made all their trips with him as their coach. In Dennison's time as an offensive line coach and offensive coordinator, his rushing offenses have averaged 2,056 yards a season (128.1 ypg.) and 4.4 yards per carry, while producing 14.8 touchdowns a season.

Dennison served as offensive line coach/run game coordinator with the Minnesota Vikings from 2019-20 and as senior offensive advisor in 2021. In 2019, the 28 sacks (12 fewer than the 40 given up in 2018) that the Vikings surrendered was tied for the fifth-lowest total in the NFL and tied for the eighth-lowest total in franchise history, paving the way for a rushing attack that gained 2,133 yards (6th NFL). Blocking behind Dennison's offensive line from 2019-20, RB Dalvin Cook ranked first in the NFC and second in the NFL in both rushing yards (3,851) and rushing touchdowns (35) and was selected to the Pro Bowl both seasons. In 2019, Cook (1,135 yards) became the franchise's first 1,000-yard rusher since Adrian Peterson in 2015. Cook's 1,557 rushing yards in 2020 ranked second in the NFL and produced a balanced offensive attack that ranked fourth in the league in net yards per game. The no. 4 ranking in total offense was a 12-spot jump from 2018 and the highest ranking for the club since 2004.

Prior to joining the Vikings, Dennison served on the staffs of the New York Jets (2018), Buffalo Bills (2017), Baltimore Ravens (2014), Houston Texans (2010-13) and two stints with the Denver Broncos (1995-09, 15-16) in a variety of roles.

In 2018, Dennison's lone season as the Jets offensive line coach/run game coordinator, the group allowed 10 fewer sacks (37) than it did in 2017, protecting QB Sam Darnold as he set team rookie records for touchdown passes (17) and gross passing yards per game (220.4).

In 2017, Dennison was offensive coordinator for the Bills, helping a Buffalo offense that ranked sixth in rushing as both RB LeSean McCoy and G Richie Incognito received Pro Bowl recognition.

In his return to Denver as the offensive coordinator in 2015, Dennison oversaw the Broncos offense as the team navigated a difficult schedule to finish with a 12-4 record, the AFC West Division title and the No. 1 seed in the AFC. Despite mid-season injury to Hall of Fame QB Peyton Manning, Dennison helped the Broncos go 5-2 in QB Brock Osweiler's first seven career starts before Manning returned in Week 17. The offense went on to commit just three turnovers during the postseason to help secure a Super Bowl 50 victory over Carolina.

Following Manning's retirement, Dennison coached first-year starting QB Trevor Siemian in 2016, a seventh-round draft pick (#250) in the 2015 NFL Draft. In 14 games Siemian went 289-for-486 for 3,401 yards, 18 touchdowns and 10 interceptions.

In Dennison's lone season with Baltimore (2014) and only season coaching quarterbacks, Joe Flacco established career-highs in passing yards (3,986) and touchdown passes (27) and posted a combined eight games with a passer rating above 100.0 while being sacked just 19 times - 29 fewer than the previous year.

In Houston (2010-13), Texans running backs produced an NFL-best 29 individual 100-yard rushing performances, including 24 by Arian Foster, who was named an AP All-Pro selection three times in his four years under Dennison. During the 2012 season, seven of Houston's 11 starters on offense were Pro Bowlers.

His first stint as an offensive coordinator came with the Broncos (2006-08). The offense ranked seventh in the NFL (350.5 yards per game) as Dennison oversaw one of just two units in the league to rank in the top-10 in both passing and rushing. He previously worked as the offensive line coach (2001-05) and special teams coach (1997-00). From 2001-05 Denver led the NFL in rushing in that five-season span, averaging 145.6 yards per game on the ground and 2,328 yards per season on average.

During his tenure as special teams coach in Denver the club won consecutive Super Bowls, topping Green Bay for the Super Bowl XXXII title and following it up in John Elway's final game with a Super Bowl XXXIII victory over Atlanta. Dennison originally joined the Denver staff in 1995 after spending the previous three years coaching at the high school level for Suffield (Conn.) Academy. He worked for two years in Denver as an offensive assistant (1995-96) before being promoted to special teams coach in 1997.

Undrafted out of Colorado State University, Dennison played nine seasons at linebacker for the Broncos, appearing in 128 games (52 starts) and totaling 514 tackles, 6.5 sacks, four interceptions, six forced fumbles and three fumble recoveries. He participated in three Super Bowls as a player and was the team's recipient of the Ed Block Courage Award in 1989.

At Colorado State, he earned three varsity letters and was named a second-team Academic All-American as a senior. Dennison earned two degrees in civil engineering; first his bachelor's in 1979 and later his master's degree in 1982.

A native of Kalispell, Mont., Dennison attended Rocky Mountain High School in Fort Collins, Colo., lettering in football, basketball and baseball.

Dennison and his wife, Shannon, have three sons, Joseph, Steven and Trey, and twin daughters, Abrynn and Allie. His son, Joseph, is married to Hayley, and the couple has three sons.

DEVIN FITZSIMMONS

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

FITZSIMMONS' COACHING CAREER

2005	Shaw University	Quarterbacks
2006	Bucknell University	Assistant Wide Receivers
2007-08	Kansas State	Coord. of Football Ops/Graduate Assistant
2009	University of Virginia	Graduate Assistant
2010	University of Richmond	Tight Ends
2011	Indianapolis Colts	Offensive Quality Control
2012	Rutgers University	Offensive Assistant
2013	University of Delaware	Special Teams Coordinator/Tight Ends
2014	Detroit Lions	Assistant Special Teams
2015	Detroit Lions	Assistant Special Teams/Tight Ends
2016-18	Detroit Lions	Assistant Special Teams
2019-20	Vanderbilt University	Special Teams Coordinator/Tight Ends
2021-22	Arizona Cardinals	Assistant Special Teams
2023	Carolina Panthers	Assistant Special Teams
2024-	**Seattle Seahawks**	**Assistant Special Teams**

Devin Fitzsimmons joined the Seahawks staff as assistant special teams coach on February 15, 2024. He spent the 2023 season with the Carolina Panthers as special teams assistant after serving in the same role with Arizona (2021-22).

Last season, Fitzsimmons helped kicker Jason Myers set a career-high and franchise-record nine field goals from 50-plus yards, while connecting on 26 of 30 field goal attempts. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season.

As a special teams assistant in 2023, Fitzsimmons helped coach Carolina's kick return unit to the second-best return average in the NFL, averaging 27.2 yards per return. Raheem Blackshear, who served as the unit's primary returner boasted a 27.8-yard kick return average that ranked third-best in the NFL amongst players with at least 10 returns.

With Arizona (2021), Fitzsimmons helped specialists, kicker Matt Prater and punter Andy Lee, post record-breaking seasons. Prater finished with 137 points, the second-highest total in Cardinals history and tied for the fourth-highest total in the NFL. Lee finished third in the league and established a franchise single-season record with a 49.0-yard punting average.

Fitzsimmons was the special teams coordinator/tight ends coach at Vanderbilt (2019-20) and served as assistant special teams coach with Detroit (2014-18). In 2015 following head coaching changes, Fitzsimmons served as the Lions tight end coach for the final eight games of the season. In that span, the tight ends combined for 32 catches, 316 yards, and four touchdowns.

During his five seasons with the Lions, Prater, then with Detroit, converted 86.3 percent of his kicks (132 for 153) and was selected to the Pro Bowl (2016), while punter Sam Martin averaged at least 43.0 yards per punt each year during Fitzsimmons' tenure. Long snapper Don Muhlbach earned Pro Bowl honors (2018), while returner Jamal Agnew earned first-team All-Pro recognition (2017) after posting a league-leading 15.4-yard punt return average and two punt return touchdowns.

Fitzsimmons was the special teams coordinator and tight ends coach at Delaware (2013) and an offensive assistant at Rutgers (2012), before his start in the NFL as an offensive quality control coach with Indianapolis (2011).

Starting his coaching career at Shaw University in Raleigh, N.C. (2005), Fitzsimmons served as the wide receivers coach at his alma mater, Bucknell (2006), before working on the collegiate level at Kansas State (2007-08), Virginia (2009), and Richmond (2010).

A Folsom, La. native, Fitzsimmons played quarterback and wide receiver at Bucknell and earned a bachelor's degree in history. Fitzsimmons and his wife, Katie have a son, Liam, and daughter, Nora.

LESLIE FRAZIER

ASSISTANT HEAD COACH

NFL EXPERIENCE: 26th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

FRAZIER'S COACHING CAREER

1988-96	Trinity International University	Head Coach
1997-98	Illinois	Defensive Backs
1999-02	Philadelphia Eagles	Defensive Backs
2003-04	Cincinnati Bengals	Defensive Coordinator
2005	Indianapolis Colts	Defensive Assistant
2006	Indianapolis Colts	Asst. to the Head Coach/DBs
2007	Minnesota Vikings	Defensive Coordinator
2008-10	Minnesota Vikings	Asst. Head Coach/Def. Coord.
2010	Minnesota Vikings	Interim Head Coach
2011-13	Minnesota Vikings	Head Coach
2014-15	Tampa Bay Buccaneers	Defensive Coordinator
2016	Baltimore Ravens	Secondary
2017-19	Buffalo Bills	Defensive Coordinator
2020-22	Buffalo Bills	Asst. Head Coach/Def. Coord.
2024-	**Seattle Seahawks**	**Assistant Head Coach**

Leslie Frazier joined the Seahawks staff as assistant head coach on February 13, 2024, and enters his 26th season as an NFL coach in 2025. He did not coach in the NFL in 2023 after spending six seasons with the Buffalo Bills as defensive coordinator (2017-19) and assistant head coach/defensive coordinator (2020-22).

In his six seasons as coordinator, his units ranked in the top-six in yards per game four times and in the top-two three times in points per game, finishing the season ranked first in the NFL in both yards allowed (272.8) and points allowed (17.0 ppg) in 2021.

Prior to serving one season (2016) as Baltimore's secondary coach, Frazier served as the Tampa Bay Buccaneers defensive coordinator from 2014-15. He helped Tampa rank 10th in yards per game in 2015, and to 36 sacks in 2014, the most in 10 seasons.

He was head coach of the Minnesota Vikings from 2010-13 (interim for part of 2010) and their defensive coordinator from 2007-10. He was 21-32-1 as a head coach and led the Vikings to the postseason with a 10-6 record in 2012, when running back Adrian Peterson was named the NFL MVP. As the defensive coordinator, Frazier's squad finished in the top-10 three times (2008-10) in yards allowed, during his seven seasons in Minnesota, the Vikings pass rush tallied the NFL's most sacks (297) and second-most forced fumbles (114). In 2008, Minnesota's defense ranked No. 6 overall and No. 1 against the run, making the Vikings the first team since the 1970 merger to lead the league in rushing defense for three-straight seasons (2006-08). The team finished second against the run in 2009.

Frazier helped Indianapolis win Super Bowl XLI following the 2006 season while serving as the assistant to the head coach/defensive backs coach under Tony Dungy.

Frazier also served as the Cincinnati Bengals defensive coordinator from 2003-04. He originally entered the NFL as a coach in 1999, working with defensive backs for the Philadelphia Eagles (1999-02). During Frazier's time with Philadelphia, he helped DB Troy Vincent (four) and S Brian Dawkins (three) earn multiple Pro Bowl honors.

At the age of 29, Frazier became the first-ever head coach for the Trinity International University football program. From 1988-96, he turned the team into a consistent contender, claiming two Northern Illinois Intercollegiate Conference titles twice. The school named its football field in Frazier's honor in 1997 as a tribute to his outstanding impact.

He played six seasons as a defensive back for the Chicago Bears (1981-86), and started on the historic 1985 Super Bowl XX championship team. Led Chicago in interceptions three consecutive seasons (1983-85), finishing his pro career with 20 interceptions for 343 yards with two touchdowns. He is one of 28 individuals to win a Super Bowl as both a player and a coach.

He was an All-American defensive back and baseball standout at Alcorn State University while majoring in business administration. In 2007, Frazier was inducted into the SWAC Hall of Fame. In 2012, he was inducted into the Alcorn State Hall of Fame. In 2017, Frazier was inducted into the Mississippi Sports Hall of Fame, and in 2023 he was inducted into the Black College Football Hall of Fame.

Frazier attended S.D. Lee (Columbus, Miss.) High, where he was a standout football and baseball player. Frazier and his wife, Gale, have three children: Kieron, Chantel and Corey, who played defensive back at Rice.

THOMAS GARCIA

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 7th YEAR

GARCIA'S COACHING CAREER

2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Thomas Garcia enters his seventh season in the Seahawks strength & conditioning department after spending his first six seasons with the club serving as a sport science specialist.

For the 2017-18 seasons, Garcia assisted the medical staff in the team's return-to-play process, developing end-stage rehabilitation strength programs and assisting in on-field conditioning programs for players returning to competition. Being duel credentialed as an ATC/CSCS and experienced in sport science has allowed Garcia to have a unique perspective in athletic development and performance.

His role is the re-conditioning and performance coordinator within the strength & conditioning program. He will assist in the planning and implementation of all re-conditioning needs for players in the end stages of rehabilitation using sports performance data to objectively evaluate progression and management. Garcia will also assist in the planning and implementation of all alternative on-field conditioning and weight room modifications and needs for injured or limited players.

JUSTIN HINDS

DEFENSIVE LINE

NFL EXPERIENCE: 4th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

HINDS' COACHING CAREER

2009	Rowan University	Assistant Defensive Line
2010	Plainfield High School	Assistant Coach
2011	Woodbridge High School	Assistant Coach
2012-13	Wagner College	Defensive Line/Outside Linebackers
2014	Mississippi State	Graduate Assistant
2015	University of Florida	Graduate Assistant
2016-17	Valdosta State	Defensive Line
2018	Lafayette College	Defensive Line
2019-20	Central Michigan	Defensive Line
2021	Western Carolina	Defensive Coordinator
2022-23	Chicago Bears	Assistant Defensive Line
2024-	**Seattle Seahawks**	**Defensive Line**

Justin Hinds was hired as the defensive line coach by the Seahawks on February 22, 2024. Hinds enters his 17th season in coaching in 2025 and served as an assistant defensive line coach for the Chicago Bears from 2022-23.

Last season, Hinds led a defensive line room that saw DE Leonard Williams become the first Seahawks player with double-digit sacks (11.0) since Frank Clark and Jarran Reed in 2018. Williams led all NFL interior linemen in sacks and tackles for loss (career-high 16). Reed finished second on the team with 15 quarterback hits and became the 50th player in franchise history to play in 100 games as a member of the Seahawks. Hinds also helped the development of rookie Byron Murphy II, who played in 14 games, while starting nine of the final 10 games.

In 2023, Hinds helped midseason acquisition Montez Sweat reach his first career Pro Bowl with a career-high 12.5 sacks. Sweat had at least 1.0 sack in each of his first four games with the Bears and posted 6.0 sacks in seven games with Chicago, including a career-high 2.5 at Cleveland.

In his first season with the Bears in 2022, Hinds helped defensive line coach Travis Smith and defensive coordinator Alan Williams in developing the youngest on-field roster in the NFL. Hinds was influential in the development and growth of defensive end Dominique Robinson, who played in all 17 games as a rookie.

Prior to his arrival in Chicago, Hinds served as a defensive coordinator at Western Carolina in 2021. Despite missing the postseason, Hinds' rejuvenated defense helped the Catamounts to a 4-1 record in their final five games to close out the season.

Hinds served as defensive line coach at Central Michigan (2019-20) where he mentored two All-MAC selections along the defensive line in 2020 in Troy Hairston II and Mohamed Diallo. Hairston was the MAC Co-Defensive Player of the Year in 2020 and led the MAC with 5.5 sacks and 12 tackles for loss. In 2019, Hinds helped the program that won one game in 2018 to an 8-6 finish, a MAC West Division title, and a berth in the New Mexico Bowl. The Chippewas also ranked second in the league in total defense.

Before Central Michigan, Hinds was the defensive line coach in 2018 at Lafayette College in Pennsylvania. The Leopards finished among the top 25 teams in the NCAA Football Championship Subdivision (FCS) in takeaways with 23, and they were second in the Patriot League with 15 interceptions.

Hinds helped cultivate similar success at Valdosta State. The Blazers program regularly ranked among the top teams in both the Gulf South Conference and NCAA Division II in interceptions, takeaways, first downs allowed, and third-down defense.

Hinds earned a Bachelor of Science degree from Rowan University and a master's degree from Wagner (N.Y.) College where he coached the defensive line and outside linebackers in 2012-13. Hinds was a two-time All-New Jersey Athletic Conference defensive lineman during a four-year career at Rowan and then served as a graduate assistant at Florida in 2015 after coaching the 2014 season as a graduate assistant at Mississippi State.

JEFF HOWARD

SAFETIES

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

HOWARD'S COACHING CAREER

2007-08	Odessa Permian H.S.	Linebackers/Assistant Defensive Backs
2009-10	Odessa Permian H.S.	Defensive Coordinator
2011	Texas Tech	Defensive Quality Control
2012	Texas Tech	Defensive Backs
2013	Minnesota Vikings	Assistant to the Head Coach
2014-15	Minnesota Vikings	Defensive Assistant
2016-17	Minnesota VIkings	Defensive Assistant/Linebackers
2018-19	Minnesota Vikings	Assistant Defensive Backs
2020-22	Cleveland Browns	Pass Game Coordinator/Defensive Backs
2023	L.A. Chargers	Linebackers
2024-	**Seattle Seahawks**	**Safeties**

Jeff Howard joined the Seahawks coaching staff as safeties coach on February 22, 2024, after one season coaching linebackers for the L.A. Chargers, and three seasons (2020-22) as defensive pass game coordinator/defensive backs coach for the Cleveland Browns.

In 2024, S Julian Love finished sixth among safeties via PFF while recording his third consecutive 100-tackle season, making him one of only two defensive backs (Kevin Byard) to reach 100 tackles in each of the last three seasons. Howard helped the growth of S Coby Bryant who started the final 11 games of the season and tied for the team-lead with three interceptions. Bryant was named the NFC Defensive Player of the Week 12. S Rayshawn Jenkins returned a fumble 102 yards for a touchdown vs. the N.Y. Giants (10/6/24), the longest in club history.

In 2023, Howard's inside linebackers improved their missed tackle rate from 31st in the NFL in 2022 to second overall at 9.8% (PFF). Kenneth Murray Jr. tied his career-high with 107 tackles, and added 3.0 sacks, one interception, and seven tackles for loss, while veteran Eric Kendricks posted 117 tackles and 3.5 sacks.

With the Browns, Howard's secondary ranked tied for second in the NFL with 11 total red zone takeaways, tying for the most by any AFC team, as Cleveland's defense finished fifth in the league in passing defense in both 2021 and 2022.

In 2022, Howard aided in the development of rookie CB Martin Emerson Jr., who ranked third among rookies and tied for the team lead with 15 passes defensed. Under Howard's guidance, Emerson and CB Denzel Ward each totaled 15 passes defensed, as the Browns were one of two NFL teams to have multiple players notch 15 passes defensed on the season. S Grant Delpit enjoyed his best season, recording 100+ tackles and four interceptions, while S John Johnson III ended the season with 96 tackles.

Howard helped the Browns' defense finish the 2021 season by ranking in the top five in the NFL in total defense and pass defense. He coached Ward to earn his second career Pro Bowl selection, while also developing rookie CB Greg Newsome II, who was named to the PFWA's All-Rookie Team. Following the 2021 season, Howard was selected to serve as the defensive coordinator of the West team in the 2022 East-West Shrine Bowl.

In Howard's first season (2020) directing the secondary for Cleveland, the Browns made the playoffs for the first time since 2002 while finishing the year 11-5. The Browns defense led the NFL with six red-zone takeaways. Ward finished tied for second in the NFL with 18 passes defensed, despite playing in only 12 games.

Prior to his three seasons in Cleveland, Howard spent seven years (2013-19) as an assistant in Minnesota, steadily rising through the coaching ranks with the Vikings. In that time, Minnesota won two NFC North Division titles and advanced to the postseason three times. Howard started his tenure with the Vikings as assistant to the head coach in 2013, before transitioning to a defensive assistant role the following season.

Howard spent two seasons (2018-19) coaching Minnesota's defensive backs, specifically the safeties, helping the Vikings rank tied for sixth in the NFL with 51 total takeaways over the two-year stretch, including 29 interceptions. With Howard's assistance, S Anthony Harris earned first-team All-NFC recognition from the PFWA after totaling six interceptions in 2019, tying for the most in the league and becoming the first Viking to pace the league in interceptions since 2003. S Harrison Smith also received Pro Bowl honors in each of his two seasons with Howard assisting the secondary.

Working with the linebackers from 2016-17, the Vikings' defense ranked among the league's leaders, finishing third in the NFL in total defense in 2016 and first in the league in 2017. Anthony Barr was named to the Pro Bowl following each of the two seasons Howard worked with the linebackers.

Following his playing career, Howard entered the coaching ranks at the high school level, spending four years (2007-10) on the defensive coaching staff at Odessa Permian High in Odessa, Texas. After serving as assistant defensive backs/linebackers coach, Howard was promoted to Permian's defensive coordinator in 2009, a role he would hold for two seasons. Howard then transitioned to the collegiate level, joining Texas Tech's staff in 2011 as a defensive quality control coach and later being promoted to safeties coach in 2012.

An All-American linebacker at Eastern New Mexico University, Howard graduated with a degree in biology and chemistry. As a senior, he led the Greyhounds in tackles and scored two defensive touchdowns, earning an invitation to play in the Cactus Bowl, the NCAA Division-II all-star game. Howard was twice named All-Lone Star Conference South and earned Academic All-District recognition. He had his No. 3 jersey retired by Eastern New Mexico in 2006 and was inducted into the program's athletic Hall of Honors in 2011.

Howard and his wife, Laci, have four children, Natassja, Skylar, Grayson and Ryleigh.

FRISMAN JACKSON

WIDE RECEIVERS

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

JACKSON'S COACHING CAREER

2008-09	Western Illinois	Wide Receivers
2010-11	Akron	Wide Receivers
2012	Northern Illinois	Wide Receivers
2013-14	North Carolina State	Wide Receivers
2015-16	Temple University	Off. Passing Game Coord./WRs
2017	Tennessee Titans	Wide Receivers
2018	Baylor University	Wide Receivers
2019	Baylor University	Offensive Passing Game Coordinator
2020	Carolina Panthers	Wide Receivers
2021	Carolina Panthers	Offensive Passing Game Coordinator
2022-23	Pittsburgh Steelers	Wide Receivers
2024-	**Seattle Seahawks**	**Wide Receivers**

Hired by Seattle on February 22, 2024, Frisman Jackson joined the Seahawks following two years (2022-23) as the Pittsburgh Steelers wide receivers coach.

Last season, Jackson led a wide receivers room that saw the breakout of Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Jackson oversaw the development of 2022 second-round draft pick George Pickens, who had a breakout 2023 campaign with career-highs in receptions (63), yards (1,140), and receiving average (18.1). His average ranked first in the NFL. Pickens 801 receiving yards on 52 receptions in his first season ranked as the fifth-most by a Steelers rookie in franchise history.

Prior to Pittsburgh, he spent two seasons with the Carolina Panthers (2020-21). He was their offensive passing game coordinator in 2021 after he was promoted from wide receivers coach in 2020.

Under Jackson's mentorship, wide receiver DJ Moore caught 159 passes for 2,350 receiving yards and eight touchdowns combined in the last two seasons. His receiving yardage and 14.8 yard-average were the seventh and 10th-most in the NFL over the span.

Jackson spearheaded a record-breaking campaign for Carolina's pass-catchers in 2020. Moore (1,193) and Robby Anderson (1,096) were one of two wide receiver pairs in the NFL and just the fourth duo in Panthers history to each top 1,000 yards in the same season. Moore, who ranked third with an 18.1 receiving average, tied for the NFL lead with six receptions of at least 40 yards.

In addition, wide receiver Curtis Samuel had a career-high 851 receiving yards and a Carolina wide receiver-record 200 rushing yards in 2020, which helped the Panthers become the first team since Arizona in 2008 to have three wide receivers surpass 1,000 scrimmage yards in the same season.

Jackson went to Carolina in 2020 after spending the previous two seasons at Baylor, where he served as the Bears' wide receivers coach in 2018, before adding the title of passing game coordinator in 2019. Baylor wide receiver Denzel Mims finished the 2019 season ranked 12th in the nation in receiving touchdowns (12) and earned first-team All-Big 12 recognition. In 2018, Jackson assisted in transfer running back Jalen Hurd's transition to wide receiver and developed him into the team's leading wideout and the Big 12 Newcomer of the Year. Hurd was drafted in the third round of the 2019 NFL Draft by the 49ers.

Jackson spent the 2017 season as the wide receivers coach for the Tennessee Titans, where he helped lead Tennessee to the AFC divisional round.

Prior to Jackson's first year in the NFL, he spent two seasons as the wide receivers coach and passing game coordinator at Temple (2015-16). He helped the Owls achieve back-to-back bowl appearances, as well as the 2016 AAC Championship.

Jackson has also coached wide receivers at N.C. State (2013-14), Northern Illinois (2012), Akron (2010-11) and Western Illinois (2008-09).

As a player, Jackson spent four years in the NFL as a wide receiver for the Cleveland Browns (2002-05). Over that stretch, he appeared in 34 games, and caught 40 passes for 490 yards and one touchdown. Jackson played three seasons at Northern Illinois as a quarterback (1997-99), before finishing his college career as a wide receiver at Western Illinois (2001).

ANDREW JANOCKO

QUARTERBACKS

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

(juh-NO-co)

JANOCKO'S COACHING CAREER

2011	Rutgers	Graduate Assistant
2012-13	Tampa Bay Buccaneers	Offensive Assistant
2014	Mercyhurst University	Quarterbacks
2015-16	Minnesota Vikings	Quality Control/Offense
2017	Minnesota Vikings	Assistant Offensive Line
2018	Minnesota Vikings	Assistant Offensive Line
2019	Minnesota Vikings	Assistant Offensive Line
2020	Minnesota Vikings	Wide Receivers
2021	Minnesota Vikings	Quarterbacks
2022-23	Chicago Bears	Quarterbacks
2024	New Orleans Saints	Quarterbacks
2025-	**Seattle Seahawks**	**Quarterbacks**

Andrew Janocko (pronounced juh-NO-co) joined the Seahawks as quarterbacks coach on February 11, 2025, after spending one season with the New Orleans Saints in 2024.

Janocko has 14 years of coaching experience, including 12 in the NFL. He joined the Saints after spending two years as quarterbacks coach of the Chicago Bears (2022-23). In addition to his time in Chicago, Janocko also held several offensive roles in his time with the Minnesota Vikings (2015-21), coached quarterbacks at Mercyhurst University in Erie, Pa. (2014), spent two seasons with the Tampa Bay Buccaneers (2012-13) and was a graduate assistant at Rutgers University in 2011.

Janocko, like fellow coaches Klint Kubiak and John Benton spent the 2024 season with New Orleans. Janocko served as quarterbacks coach and helped Derek Carr complete 189 of 279 passes (67.7 pct.) for 2,145 yards, 15 touchdowns, only five interceptions and a 101.1 passer rating. Carr finished sixth in the NFL in third down passer rating (109.6) and 10th in the NFL in passer rating.

During his time in Chicago, Janocko was instrumental in the development of Bears signal-caller Justin Fields, who completed 419-of-688 (60.9%) passes for 4,804 yards with 33 touchdown passes, while carrying 284 times for 1,800 yards (6.3 avg.) with 12 touchdowns in 28 starts. In Week 14 of the 2023 season, Fields became the second-fastest quarterback in NFL history to reach 2,000 rushing yards in only 36 games and only the third signal-caller with at least 2,000 rushing yards in his first three seasons. In 2023, despite playing in two fewer games than 2022 due to injuries, Fields improved in most major passing categories, completing 227-of-370 (61.4%) passes for 2,562 yards with 16 touchdowns and an 86.3 passer rating, while carrying 124 times for 657 yards with four touchdowns. The Bears improved their victory total from three in 2022 to seven in 2023, as Fields won four of his final six starts.

Fields finished the 2022 season with eight rushing touchdowns and 1,143 rushing yards over 15 starts, becoming one of three quarterbacks in NFL history to rush for 1,000-or-more yards in a single season, joining Lamar Jackson and Michael Vick. Fields also completed 192-of-318 (60.4%) passes for 2,242 yards and 17 touchdowns on the season, while posting a passer rating of at least 92.0 in five of eight starts from Weeks 8-17.

Janocko spent seven seasons with the Minnesota Vikings, gaining experience coaching with the offensive line (2017-19), wide receivers coach (2020) and quarterbacks coach (2021).

In 2021, Janocko helped veteran QB Kirk Cousins throw for 4,221 yards with 33 touchdowns, seven interceptions and a 103.1 passer rating, as he was named to his third Pro Bowl. Cousins' passer rating was fourth-best in the NFL and he was one of only two quarterbacks in 2021 to throw for over 30 touchdowns with fewer than ten interceptions.

With Janocko as his position coach in 2020, first-round draft pick Justin Jefferson had one of the greatest seasons by a rookie receiver in NFL history. Jefferson set a league rookie receiving record with 1,400 yards and became the NFL's first rookie receiver to earn All-Pro honors since Randy Moss in 1998 and was tabbed to his first Pro Bowl. Additionally, Adam Thielen established a career high 14 touchdown catches.

In 2019, while assisting the offensive line, the Vikings allowed only 28 sacks, tying them for the fifth-fewest in the NFL. The mark also tied for the eighth-fewest sacks allowed in franchise history. The offensive line paved the way for Dalvin Cook to rush for 1,135 yards, the Vikings' first 1,000-yard rusher since Adrian Peterson did so in 2015.

In 2018, serving as co-offensive line coach with Saints tight ends coach Clancy Barone, the Vikings line protected Cousins, as he set a team record for completions (425), posted the second-best completion percentage mark in team history (70.1%) and threw for the second-most yards (4,298) in franchise history.

Serving as assistant offensive line coach in 2017, the Vikings line was pivotal to the team going 13-3, winning the NFC North title and advancing to the NFC Championship Game. The line paved the way for several offensive players to have career years, highlighted by QB Case Keenum. Cook set a team record for rookies with 288 yards in the opening three games of the season, but suffered a season-ending torn ACL injury in the fourth contest. The Vikings jumped from last in the NFL in rushing in 2016 to seventh in 2017 and climbed from No. 28 in total offense to No. 11. Janocko started his Vikings tenure as an offensive assistant from 2015-16.

Janocko arrived in Minnesota after coaching the quarterbacks at Division II Mercyhurst for one season in 2014. His first start in coaching came in 2011, when he was a graduate assistant at Rutgers, working with quarterbacks under Greg Schiano. After impressing Schiano, Janocko's first NFL coaching opportunity came in 2012 when then-Tampa Bay Head Coach Schiano offered him a position to serve as an offensive assistant for two seasons (2012-13).

A three-year letterman at Pitt, Janocko served as a backup quarterback and holder on special teams. Janocko spent his first two seasons as a walk-on before earning a scholarship his final two seasons. A three-time member of the Big East Conference All-Academic Team, he graduated from Pitt in 2010 with a degree in history and a minor in political science.

A native of Clearfield, Pa., Janocko was the starting quarterback at Clearfield Area High School, where his father, Tim, served as the head coach for 38 years. He led the school to a pair of district championships and was a two-time Pennsylvania Football News All-State honoree.

Janocko and his wife, Natalie, have a son, Noah, and a daughter, Isabella.

QUINSHON ODOM

OFFENSIVE ASSISTANT/QUALITY CONTROL-OL

NFL EXPERIENCE: 4th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR** (QWIN-shawn OH-dum)

ODOM'S COACHING CAREER

2015	Eastern Kentucky University	Coaching Intern
2016-17	Vanderbilt	Offensive Graduate Assistant
2019-20	Vanderbilt	Offensive Quality Control
2021	University of Texas	Offensive Line Graduate Assistant
2022-23	Green Bay Packers	Coaching Assistant
2024-	**Seattle Seahawks**	**Offensive Assistant/Quality Control-OL**

Quinshon Odom joined the Seahawks staff on February 22, 2024, after two seasons as Green Bay's coaching assistant through the Bill Walsh Diversity Coaching Fellowship. He previously worked in Green Bay's player personnel department during the 2018 season.

Working with the offense in 2023, Green Bay was the third-least sacked team in the NFL (30), while Jordan Love ranked second in the NFL in touchdown passes (32) and seventh with 4,159 passing yards.

The 2022 season saw Odom focus his duties on offense, helping the Packers to a No. 5 ranking in the NFL in average time of possession (31:23). Green Bay also posted 175-plus rushing yards in five games last season, tied for No. 3 in the NFL behind only Chicago (eight) and Baltimore (seven). It was the most by the Packers in a season since 2013.

Odom spent 2021 as an offensive line graduate assistant at the University of Texas. In his lone season at Texas, the Longhorns' offensive line helped clear holes for RB Bijan Robinson, who led the team with 1,127 yards and 11 touchdowns on his way to earning first-team All-Big 12 honors from the media and coaches. Texas finished No. 2 in the Big 12 with an average of 199.3 rushing yards per game, and the line also helped protect QB Casey Thompson, who led the Big 12 with 24 touchdown passes on the season. OL Derek Kerstetter earned first-team All-Big 12 recognition from the league's coaches for his performance in 2021.

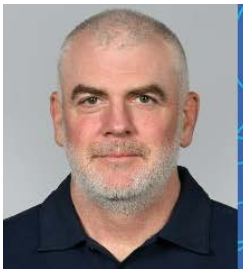
Prior to joining the Longhorns, Odom assisted with the Buffalo Bills running backs during their 2021 training camp as part of a Bill Walsh Diversity Coach Fellowship.

Odom coached at Vanderbilt, first as an offensive graduate assistant in 2016-17 and then as an offensive quality control coach in 2019-20. At Vanderbilt, Odom assisted in the development of RB Ke'Shawn Vaughn, who led the Commodores with 1,028 rushing yards and nine touchdowns on 198 carries (5.2 avg.) in 2019.

In 2015, Odom began his coaching career as an intern for the Eastern Kentucky football team.

Odom played quarterback at Shaw University (N.C.) from 2010-13, helping the Bears to a Central Intercollegiate Athletic Association title as a freshman. A team captain, Odom also was selected to the CIAA All-Academic Team in 2010 and served as the president of Shaw's student-athlete advisory committee during his senior year.

Born on August 22, 1991, in Lakeland, Fla., Odom earned a bachelor's degree in communications and journalism from Shaw in 2014. He also completed postgraduate degrees in sports management from Florida State in 2015, and liberal arts and science from Vanderbilt in 2017.



KIRK OLIVADOTTI

INSIDE LINEBACKERS

NFL EXPERIENCE: 23rd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

(ah-luh-vuh-DOT-ee)

OLIVADOTTI'S COACHING CAREER

1997	Maine Maritime Academy	Wide Receivers/Tight Ends
1998-99	Indiana State	Assistant Coach
2000-03	Washington Commanders	Def. QC/Assistant DBs
2004-05	Washington Commanders	Def. QC/Special Teams Asst.
2006	Washington Commanders	Def. Line Asst./Special Teams Asst.
2007-09	Washington Commanders	Linebackers
2010	Washington Commanders	Defensive Assistant
2011-13	University of Georgia	Inside Linebackers
2014-18	Washington Commanders	Inside Linebackers
2019-23	Green Bay Packers	Inside Linebackers
2024-	**Seattle Seahawks**	**Inside Linebackers**

Entering his 23rd season as a coach in the NFL, Kirk Olivadotti joined the Seahawks staff on February 13, 2024, after spending five seasons (2019-23) as the inside linebackers coach for the Green Bay Packers.

Olivadotti led a linebacker group that saw significant change during the 2024 season. Acquired on October 24, 2024, Ernest Jones IV played in 10 games for Seattle, leading the club in tackles seven times. He finished the season with 136 tackles, his third consecutive season with 100 tackles. Olivadotti aided the development of rookie Tyrice Knight, who started nine of 16 games and tallied 87 tackles.

In 2023, his unit helped Green Bay allow 20 or fewer points nine times during the regular season. LB Quay Walker led the team with 118 tackles and became one of three Packers since the merger (1970) with 100-plus tackles in both of his first two NFL seasons (Nick Barnett, 2003-04; A.J. Hawk, 2006-07).

In 2022, Olivadotti led the development of first-round selection LB Quay Walker as he was named to the PFWA's All-Rookie team, the first Green Bay inside linebacker to be selected to the team since A.J. Hawk in 2006. Walker led the Packers and ranked No. 2 among NFL rookies with 119 total tackles, the fifth most by a Green Bay rookie since 1975.

He helped guide LB De'Vondre Campbell to the best season of his career in 2021 as he was named first-team All-Pro by The Associated Press after he led the Packers defense with a career-high 145 tackles (101 solo). Campbell was the first Packers inside linebacker to earn first-team All-Pro honors since Ray Nitschke in 1966.

Olivadotti's first season in Green Bay in 2019, his linebackers helped Green Bay's defense finish No. 9 in the NFL in points allowed (19.6 ppg.), the first time the Packers had finished in the top 10 in the league in the category since 2010.

Prior to coming to Green Bay, he spent 16 seasons with the Washington Commanders (2000-10, 2014-18), helping Washington finish in the top-10 in the league in overall defense in eight seasons (2000-02, 2004-05, 2007-09). He is one of 11 members on the team's assistant coach honor roll, which recognizes coaches with 10-plus seasons of service as an assistant in Washington. He coached inside linebackers at the University of Georgia from 2011-13, including Alec Ogletree, who was selected by the St. Louis Rams in the first round (No. 30 overall) in the 2013 NFL Draft. He helped the Bulldogs win two SEC East titles and 30 games during his three seasons in Athens.

In 2015, Olivadotti coached a unit that helped Washington to an NFC East title despite featuring a rotating cast of players due to injuries. Keenan Robinson and Perry Riley Jr. began the season as the starters on the inside, but with both sustaining injuries, Olivadotti developed Compton into a reliable starter as he ranked No. 2 on the club with 93 tackles (51 solo).

In 2009, Olivadotti tutored a pair of linebackers to their first career Pro Bowls, with London Fletcher earning the honor for the first time in his 12 years in the league and Brian Orakpo becoming the first Washington defensive rookie to be selected since the 1970 AFL-NFL merger. Fletcher led the team with 172 tackles (108 solo), while Orakpo set a team rookie record with 11 sacks, which led all NFL rookies in 2009 and was tied for the most among NFC linebackers with Cowboys LB DeMarcus Ware.

In 2008, Olivadotti's linebackers played a pivotal role in Washington ranking No. 4 in the league in overall defense (288.8 ypg), No. 6 in points allowed (18.5 ppg) and No. 8 in rushing defense (95.4 ypg). In his first season as linebackers coach in 2007, the team finished No. 8 in the NFL in overall defense (305.3 ypg) and No. 4 in rushing defense (91.3 ypg) as the tandem of Fletcher (156) and Rocky McIntosh (105) finished as the team's top tacklers.

In 2006, Olivadotti served as defensive line assistant/special teams assistant for Washington. He also assisted with the special teams in 2004-05 in addition to working as a defensive quality control coach. Olivadotti served as a defensive quality control coach for his first four seasons (2000-03) with the team and also assisted with the defensive backs. He was a part of staffs that helped Washington rank No. 3 in the league in overall defense in 2004 (267.6 ypg, No. 4 in team history), No. 5 in 2002 (299.2 ypg) and No. 4 in 2000 (280.1 ypg).

Began his coaching career on the collegiate level in 1997 at Maine Maritime Academy as the wide receivers/tight ends coach for one season. Worked at Indiana State for two seasons (1998-99) as an assistant before making the transition to the NFL.

Olivadotti was a four-year letterwinner as a wide receiver at Purdue from 1993-96. His father, Tom, was a defensive assistant coach in the NFL for 21 seasons with the Cleveland Browns (1985-86), Miami Dolphins (1987-95), Minnesota Vikings (1996-99), N.Y. Giants (2000-03) and Houston Texans (2004-05). He also was the defensive coordinator for the University of Miami in 1983 when the Hurricanes won their first national title.

Born on January 1, 1974, in Wilmington, Del., Olivadotti earned his bachelor's degree in education and his master's degree in education administration, both from Purdue. He and his wife, Keely, have a daughter, Kasyn, and a son, Kruz.

JUSTIN OUTTEN

RUN GAME SPECIALIST/ASSISTANT OFFENSIVE LINE

NFL EXPERIENCE: 10th YEAR SEAHAWKS EXPERIENCE: 1st YEAR

OUTTEN'S COACHING CAREER

2007	Syracuse University	Graduate Assistant
2008-15	Westfield High School	Asst. Head Coach/Offensive Coord./Off. Line
2016	Atlanta Falcons	Offensive Intern
2017-18	Atlanta Falcons	Offensive Assistant
2019-21	Green Bay Packers	Tight Ends
2022	Denver Broncos	Offensive Coordinator
2023	Tennessee Titans	Run Game Coordinator/Running Backs
2024	Tennessee Titans	Tight Ends
2025-	**Seattle Seahawks**	**Run Game Specialist/Assistant Offensive Line**

Justin Outten was hired by the Seahawks on February 18, 2025 as run game specialist/assistant offensive line coach after spending the last two seasons (2023-24) with the Tennessee Titans and one season with the Denver Broncos (2022) as offensive coordinator. He also spent time coaching in the NFL with the Green Bay Packers (2019-21) and Atlanta Falcons (2016-18). For eight seasons (2008-15), he coached at Westfield High School in Houston after beginning his collegiate coaching career at Syracuse University (2007).

In 2024, Outten helped third-year tight end Chig Okonkwo produce his third season with at least 30 receptions, 400 receiving yards and one touchdown. Okonkwo finished the season as the club's second leading pass catcher with 52 receptions, 479 yards and two touchdowns on 70 targets.

In 2023, Outten's work with the Titans running backs helped Derrick Henry finish second in the NFL with 1,167 rushing yards. Henry started 17 games for the first time in his career and was selected to his fourth career Pro Bowl. His 12 rushing touchdowns tied for seventh in the league. Meanwhile, rookie Tyjae Spears' 838 scrimmage yards (453 rushing and 385 receiving) ranked seventh in franchise history among rookie running backs, and the total also placed fourth among rookie running backs in 2023 behind Atlanta's Bijan Robinson, Detroit's Jahmyr Gibbs and Miami's De'Von Achane. Spears became the franchise's first rookie running back with at least 50 receptions (52) since Sid Blanks in 1964 (56).

With Outten as offensive coordinator in Denver in 2022, the Broncos tied for fifth place in the NFL in completions of 25-plus yards (35), trailing only Kansas City (49), Philadelphia (38), Miami (37) and New England (36). Outten, who called plays for the Broncos during the last two games of the season, helped the offense post 471 total yards of offense in Week 18, which was the most by the team in a single game since the 2016 season.

With the Packers, Outten coached a tight end unit that collectively tallied 60-plus catches and 700-plus receiving yards in each of his three seasons. During his tenure in Green Bay, six different tight ends registered at least one touchdown reception, which tied for the second-most in the NFL during that span.

In 2020, Outten coached tight end Robert Tonyan, who recorded 52 receptions for 586 yards (11.3 avg.). Tonyan totaled 11 touchdown receptions to set the single-season franchise mark for the position and tied All-Pro Travis Kelce for the league lead at his position.

In his first season with Green Bay, Outten saw four tight ends (Jimmy Graham, Marcedes Lewis, Tonyan, Jace Sternberger) catch a touchdown pass (including playoffs), the most by a Packers' tight end unit since 2010. His tight end group helped the offense rank second in the league in giveaways (13), first in zero-turnover games (nine) and eighth in red-zone percentage (64.0).

During his three seasons with the Falcons, Outten served as an offensive intern (2016) and offensive assistant (2017-18), helping with the offensive line. During that span, Atlanta had four Pro Bowl selections among its offensive line, with center Alex Mack (2016-18) and tackle Jake Matthews (2018) becoming the first pair of Falcons offensive linemen since 1983 to be named to a Pro Bowl in the same year.

From 2016-18, Atlanta ranked in the top-10 in numerous offensive categories, including first in yards per play (6.26), third in total yards per game (389.9), third in passing yards per contest (278.5) and fourth in scoring offense (27.2). Following the 2018 season, Outten was promoted to assistant offensive line coach before joining the Packers.

Prior to Atlanta, Outten coached and was a special education teacher at Westfield High School. He served as assistant head coach, offensive coordinator and offensive line coach during his tenure. In his eight years at Westfield, Outten was part of a staff that helped 24 offensive linemen receive scholarships to play at the collegiate level.

A native of Doylestown, Pa., and graduate of Central Bucks High School West, Outten was a three-year letter winner at Syracuse. Over his final two seasons (2005-06), he appeared in all 23 games (22 starts) at center and was named team captain as a senior. He began his coaching career in 2007, serving as a graduate assistant for the Orange.

Outten graduated from Syracuse with a degree in childhood family studies, and he and his wife, Vanessa, have one daughter, Bella, and one son, Jayce.

CHRIS PARTRIDGE

OUTSIDE LINEBACKERS

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

PARTRIDGE'S COACHING CAREER

2003-04	Paramus (N.J.) Catholic H.S.	Assistant Coach
2005	Lafayette College	Defensive Assistant/Secondary
2006-07	The Citadel	Defensive Line/Asst. Special Teams
2010-14	Paramus (N.J.) Catholic H.S.	Head Coach
2016-17	University of Michigan	Linebackers/Special Teams Coord.
2018-19	University of Michigan	Safeties/Special Teams Coord.
2020-22	University of Mississippi	Co-Defensive Coordinator/Safeties
2023	University of Michigan	Linebackers
2024-	**Seattle Seahawks**	**Outside Linebackers**

Chris Partridge joined the Seahawks staff as outside linebackers coach on February 22, 2024, following one season at the University of Michigan in the same capacity.

Last season, Partridge guided the development of second-year LB Derick Hall, who set career-highs in sacks (8.0), and quarterback hits (20). Boye Mafe finished with 6.0 sacks and 12 quarterback hits, and Uchenna Nwosu returned to the field and finished the season after missing the final 11 games of 2023 and parts of 2024 due to injury.

Partridge served five of his six seasons (2015-19, 23) as a coach for the Wolverines, after beginning his career in Ann Arbor as director of player personnel in 2015, serving as linebackers coach (2016-17) and safeties coach (2018-19), while also handling special teams coordinator duties (2016-19) during his tenure.

During Michigan's national championship 2023 season, two of his linebackers (Junior Colson, Michael Barrett) were All-Big Ten Conference selections as they helped Michigan's defense rank in the top-10 nationally in the following categories: red zone defense (sixth), rushing defense (sixth), interceptions (fourth), pass yards allowed (fourth), pass efficiency defense (third), total defense (second), defensive touchdowns (first), and scoring defense (first).

Partridge spent three (2020-22) seasons as the co-defensive coordinator/safeties coach at the University of Mississippi, and was the Rebels primary defensive play-caller in 2022. During his time in Oxford, Ole Miss tied the school record for most wins in a season with 10 during the 2021 season. The program also tied the record for the most players drafted with six during the 2022 NFL Draft, including four players on the defensive side of the ball.

He was named National Recruiter of the Year by Scout in 2016 and received the same honor from 247Sports in 2017. Partridge was ranked a top-five recruiter again in 2019 by 247Sports.

Partridge helped lead a defensive unit that ranked among the nation's best during his first stint on the UM staff. The Wolverines ranked first or second nationally in pass defense in each of his four seasons and helped make the defense one of the stoutest third-down units in the country over that span.

Under his direction, seven Wolverine defenders earned nine All-Big Ten accolades, including two first-team honors. He also helped Jabrill Peppers to a decorated season in 2016, when he was a consensus All-American at linebacker, won the Big Ten's Nagurski-Woodson Defensive Player of the Year, Butkus-Fitzgerald Linebacker of the Year, and Rodgers-Dwight Return Specialist of the Year awards, and finished fifth in the Heisman Trophy voting.

Michigan's special teams also saw an uptick under Partridge. Six individuals earned 10 All-Big Ten honors including 2018 second-team All-American punter Will Hart, who was also named the Big Ten's Eddleman-Fields Punter of the Year and set the single-season and single-game punting average records.

Partridge came to Ann Arbor after serving as head coach at New Jersey's Paramus Catholic High School. He grew a football program ranked 4,250th nationally and 112th in the state of New Jersey, to the top-ranked team in the state and No. 4 nationally by USA Today. He coached and mentored more than 30 Division I football players during that time, as well as various All-Americans.

Partridge earned his bachelor's degree in government and law from Lafayette College, where he also played linebacker, in 2003.

He and his wife, Marissa, have two daughters, Mia, and Gianna.

JAKE PEETZ

OFFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 11th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

PEETZ'S COACHING CAREER

2006	Santa Barbara City College	Safeties/Special Teams Coord.
2007	UCLA	Defensive Assistant
2012	Jacksonville Jaguars	Assistant Quarterbacks
2013	University of Alabama	Offensive Analyst/Quarterbacks
2014	Washington Commanders	Asst. QBs/Off. Quality Control
2015	Oakland Raiders	Senior Offensive Assistant
2016	Oakland Raiders	Assistant Quarterbacks
2017	Oakland Raiders	Quarterbacks
2018	University of Alabama	Offensive Analyst
2019	Carolina Panthers	Running Backs
2020	Carolina Panthers	Quarterbacks
2021	LSU	Offensive Coord./Quarterbacks
2022	L.A. Rams	Offensive Assistant
2023	L.A. Rams	Pass Game Specialist
2024-	**Seattle Seahawks**	**Offensive Passing Game Coordinator**

Jake Peetz joined the Seahawks coaching staff on February 22, 2024, following two seasons with the L.A. Rams.

Last season, Peetz oversaw a Seattle passing game which included Geno Smith's single-season franchise records for attempts (578, 4th NFL), completions (407, T2nd NFL), yards (4,320 4th NFL), and completion percentage (70.42, 5th NFL). He became the 20th quarterback in NFL history with a 70% completion percentage in a season. Peetz helped the growth of WR Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Peetz aided the 2023 Rams passing attack that saw QB Matthew Stafford throw for nearly 4,000 yards and helped rookie WR Puka Nacua to a second-team AP All-Pro and Pro Bowl season. Nacua finished fourth in the NFL in receiving yards (1,486), ninth in receptions (105), and added five touchdowns. His receptions and receiving yards both set NFL rookie records, and he finished the season being named NFC Offensive Player of the Month for December/January.

In his first year with the Rams, Peetz provided general support for McVay on the offensive side of the ball and handled game management. With the help of Peetz, the Rams' offense finished the season with the best fourth-down conversion rate in the NFL, converting 15 of 19 fourth-down attempts after finishing 17th in this category in 2021. Peetz also played an instrumental role in onboarding the midseason acquisition of QB Baker Mayfield. He has also worked with Teddy Bridgewater (Panthers), Cam Newton (Panthers), Derek Carr (Raiders), Kirk Cousins (Commanders), Chad Henne (Jaguars), Blaine Gabbert (Jaguars), Tua Tagovailoa (Alabama), Jalen Hurts (Alabama) and Mac Jones (Alabama).

During his time as the offensive coordinator and quarterbacks coach at LSU in 2021, Peetz helped guide the Tigers to the No. 5 passing offense in the SEC. QB Max Johnson finished seventh in the conference with 2,815 passing yards, fifth in touchdown passes (27) and tallied the fifth-fewest interceptions (6). Johnson did not play in the team's bowl game appearance, and Peetz helped senior wide receiver Jontre Kirklin move to quarterback and throw for three touchdowns, which tied for the third-most in a bowl game for the Tigers.

In 2020, Peetz took over as quarterbacks coach for Carolina and helped QB Teddy Bridgewater achieve career highs in passing yards (3,733) and completion percentage (69.1).

In 2019, Peetz coached the running backs for the Panthers when Christian McCaffrey put together a record-breaking season. McCaffrey led the NFL in scrimmage yards (2,392) that season and became just the third player in NFL history with over 1,000 rushing yards and 1,000 receiving yards in the same season. He also set the NFL record for receptions by a running back with 116 in 2019, becoming only the second player in league history with 1,000 rushing yards and 100 receptions in the same season.

NFL stops for Peetz include the Oakland Raiders (2015-17), Washington Commanders (2014) and Jacksonville Jaguars (2012). Peetz spent the 2013 and 2018 seasons as an offensive analyst with the University of Alabama. He also coached at Santa Barbara City College in 2006 and at UCLA in 2007. He was a scout for the Jacksonville Jaguars from 2008-11 before moving to an on-field coaching position with the franchise in 2012.

Peetz coached quarterbacks in his final two seasons in Oakland (2016-17), serving as assistant quarterback coach in 2016 and quarterbacks coach in 2017. Raiders quarterback Derek Carr earned two of his three consecutive Pro Bowl selections working with Peetz. He originally joined the team as a senior offensive assistant in 2015, working primarily with the running backs. He helped Latavious Murray earn Pro Bowl honors after rushing for 1,066 yards and six touchdowns, the first 1,000-yard rushing season by a Raider since 2010.

Peetz spent one year with Washington as the offensive quality control/assistant wide receivers coach in 2014. In his one season working with Peetz, receiver DeSean Jackson led the NFL with an average of 20.9 yards per reception and led the team with 1,169 receiving yards.

Peetz played defensive back and long snapper at Nebraska from 2003-05. While at Nebraska, he was twice named to the Brook Berringer Citizenship Team for his extensive community outreach work. He graduated from Nebraska in exercise science in December of 2005.

Peetz and his wife Maggie have seven children; Gianna, Julia, John Robert, Emma, William, George and Andrew.

MARK PHILIPP

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 7th YEAR

PHILIPP'S COACHING CAREER

2009-12	Oregon State	Strength & Conditioning Asst.
2013-14	USC	Strength & Conditioning Asst.
2015-17	University of Nebraska	Head Strength & Conditioning
2018	USC	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Mark Philipp was announced as strength & conditioning assistant for the Seahawks on February 22, 2019, after spending one season at USC (2018) under current Seattle head strength coach Ivan Lewis.

Prior to USC, he spent three seasons (2015-17) serving as Nebraska's head football strength coach. Philipp assumed the role in January of 2015, shortly after Mike Riley was hired as the Cornhuskers head football coach. Philipp had previously worked with Riley as an assistant strength and conditioning coach at Oregon State.

Philipp made a strong impact on the Nebraska program. In 2016, the Huskers outstanding strength & conditioning was evident as Nebraska ranked among the nation's best teams in the fourth quarter.

A certified strength and conditioning specialist, Philipp is also a certified Level 1 Club Coach by USA Weightlifting, in addition to being certified in functional movement screening.

Philipp joined Nebraska after spending two years as an assistant strength & conditioning coach at USC. He was responsible for the design, implementation and supervision of the strength training, agility, speed work, conditioning and testing for the women's lacrosse team, while also assisting with all aspects of strength & conditioning for the football, women's basketball and sand volleyball programs.

Known for his contagious enthusiasm, Philipp was an assistant strength & conditioning coach at Oregon State from 2009-12. He spent four seasons working with coach Riley's football team, helping the Beavers to a pair of bowl appearances. In his final season, Philipp played a role in Oregon State finishing with a No. 20 national ranking. In addition to assisting with the football team, Philipp was in charge of coordinating the strength & conditioning programs for the Beavers men's basketball, wrestling, softball, women's volleyball, women's swimming and diving and women's golf teams.

While in Corvallis, Philipp also served as an assistant strength & conditioning coach for the Corvallis Knights baseball team for three summers, in addition to working as the director of strength & conditioning for the Oregon State Weight Lifting Camp from 2010 to 2013.

Philipp earned his bachelor's degree from Southern Illinois University in 2006, where he was a member of the football team. Philipp served as team captain in 2005, and he was twice named the defensive powerlifting champion.

He was born on November 12, 1982 in San Bernardino, Calif.

KENNEDY POLAMALU

RUNNING BACKS

NFL EXPERIENCE: 15th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

POLAMALU'S COACHING CAREER

1991-93	UCLA	Graduate Assistant
1994-96	San Diego State	Special Teams/Running Backs
1997-98	Colorado	Running Backs
1999	San Diego State	Linebackers
2000	USC	Running Backs
2001	USC	Special Teams Coordinator
2002-03	USC	Special Teams Coordinator/Running Backs
2004	Cleveland Browns	Running Backs
2005-09	Jacksonville Jaguars	Running Backs
2010-12	USC	Offensive Coordinator/Running Backs
2014-15	UCLA	Running Backs
2016	UCLA	Offensive Coordinator
2017-21	Minnesota Vikings	Running Backs
2022-23	Las Vegas Raiders	Running Backs
2024-	**Seattle Seahawks**	**Running Backs**

Kennedy Polamalu was hired as running backs coach on February 22, 2024. He enters his 34th season in coaching at both the NFL and collegiate levels, and spent two seasons (2022-23) as running backs coach with the Las Vegas Raiders prior to joining the Seahawks.

Last season, Polamalu helped RB Zach Charbonnet set a career high in rushing yards (569) while leading the team in rushing touchdowns (8), and total touchdowns (9). Kenneth Walker III battled through injuries, playing in just 11 games, but finished with seven rushing touchdowns (eight total touchdowns). Polamalu helped the growth of Kenny McIntosh, who finished with a 5.5 rushing average.

In 2023, he helped RB Zamir White record two 100-yard rushing performances in two of his first four starts. White became the only player in Raiders history to record multiple 100-yard games in his first four starts.

In his first season with the Raiders in 2022, Polamalu led a running back unit that combined for 2,059 yards and 12 touchdowns, the most rushing yards in a single season for the Raiders since 2011 (2,110). Polamalu saw RB Josh Jacobs rush for a career-high 1,653 rushing yards to become just the third player in franchise history to win the league rushing title en route to first-team AP All-Pro honors and his second career Pro Bowl. His 1,653 rushing yards were the most in a single season since Marcus Allen rushed for 1,759 yards in his 1985 MVP season. Jacobs also recorded 93 rushing first downs, the most in the NFL.

Prior to arriving in Las Vegas, Polamalu spent five seasons as the running backs coach with the Minnesota Vikings. In 2021, Polamalu coached Vikings RB Dalvin Cook to his third-straight 1,000-season, as the veteran back totaled 1,159 yards on the ground to rank fifth in the NFL. Cook carried the ball 20 or more times in seven different games and totaled six touchdowns on the ground. Additionally, Polamalu aided RB Alexander Mattison in setting a career high with 491 rushing yards and Mattison combined with Cook to account for 66 receptions out of the backfield.

The 2020 Vikings offense established a balanced attack and Cook enjoyed a career-best 1,557 yards and 16 touchdowns on the ground. Cook earned a second-straight Pro Bowl berth and All-Pro accolades. Cook ranked second in the NFL in rushing and posted the third-best mark in team history despite missing two games. He ranked second in NFL scrimmage yards and broke the 100-yard rushing mark eight times. Cook's 16 rushing touchdowns tied for second in the NFL and ranked second in team history. His 108 points ranked tied for second in the NFL. The Vikings' fifth-ranked rushing attack helped the club rank No. 4 in the NFL in total offense, the highest ranking since 2004.

In 2019, Polamalu coached Cook to a breakout season as he was named as a Pro Bowl starter after leading all non-quarterbacks in fan voting. FB C.J. Ham also was named to the Pro Bowl. Cook finished the 2019 regular season with 1,135 rushing yards, 10th-most in the NFL, and became the eighth player in franchise history to eclipse 1,000 rushing yards in a single season. Cook also became one of nine players in NFL history to record 500-plus rushing yards and 200-plus receiving yards in the first five games of a season. He became the fifth player in NFL history to open a season with three consecutive games of 110-plus rushing yards and a rushing touchdown, joining Hall of Famers Jim Brown, Curtis Martin, O.J. Simpson and Emmitt Smith.

The 2018 backfield workload was split equally between veteran Latavius Murray and Cook as he returned from a knee injury suffered early in his rookie season. Cook posted 163 scrimmage yards with 136 yards and two touchdowns on the ground to earn his first NFC Offensive Player of the Week award.

In his first season with the Vikings in 2017, Cook set a team record for rookies with 288 yards in the opening three games of the season but was lost to injury for the season in the fourth game. Cook's production was replaced by the duo of Murray (842 yards, eight touchdowns) and Jerick McKinnon (574 yards, three touchdowns) who combined for 1,412 yards and 11 rushing touchdowns. Murray carried the load with a team-high 216 attempts and 842 yards.

Under Polamalu's guidance at UCLA, RB Paul Perkins became the first Bruin since DeShaun Foster (2000-01) to register consecutive 1,000-yard rushing seasons and the first running back in program history to record 80 career receptions. Perkins, who was selected by the New York Giants in the 2016 NFL Draft, earned second-team All-Pac-12 recognition after rushing for 1,343 yards and 14 touchdowns as a senior. In 2014, Perkins experienced a breakout campaign, becoming the second player in school history to lead the Pac-12 in rushing with 1,575 yards.

Prior to his second UCLA stint, Polamalu was the offensive coordinator and running backs coach at his alma mater, USC, from 2010-12. In Polamalu's system, QB Matt Barkley became the all-time leading passer in school and conference history, throwing for 12,327 yards and 116 touchdowns. In 2011, Barkley finished sixth in the Heisman voting after completing 308 of 445 passes for 3,528 yards, 39 touchdowns (school record) and a 69.2 percent completion rate (school record), leading the Trojans to a No. 6 finish in the AP poll.

Polamalu previously coached the running backs in Jacksonville (2005-09) and Cleveland (2004). The Jaguars totaled the third-most rushing yards (133.7 ypg) and second-most rushing touchdowns (95) in the league from 2005-09, and two Jacksonville running backs earned Pro Bowl nods during that span: Fred Taylor (2007) and Maurice Jones-Drew (2009). In his Pro Bowl season under Polamalu, Jones-Drew rushed for 1,391 yards (4th NFL) and 15 touchdowns (2nd NFL). With the Browns, they were one of seven NFL teams with multiple 500-yard rushers: Lee Suggs (744) and William Green (585).

Polamalu has deep roots at USC where he was a player and was involved in coaching or recruiting Heisman winners Carson Palmer, Matt Leinart and Reggie Bush. He also recruited the heralded 'Thunder and Lightning' backfield of Bush and Lendale White. He joined USC for the 2000-03 seasons, coaching running backs and special teams during that span. Prior to joining the USC coaching staff, Polamalu served as Colorado's running backs coach for two seasons (1997-98) between stints at San Diego State as the linebackers coach (1999) and running backs coach (1994-96).

A native of Manu'a, American Samoa, he attended Mater Dei High School in Santa Ana, Calif., where he was an All-American in football,

lettered in basketball and track, and served as the student body president. Polamalu played fullback and linebacker at USC from 1982-85, graduating with a bachelor's degree in history. His nephew, Troy Polamalu, played at USC and played 12 seasons in the NFL, winning two Super Bowls with the Pittsburgh Steelers and earning induction into the Pro Football Hall of Fame in 2020. Brother, Ao Polamalu, played football at Penn State and nephew, Nicky Sualua played running back at Ohio State before playing for the Bengals and Cowboys in the NFL. His great nephew, Isaiah Pola-Mao, currently plays safety for the Las Vegas Raiders. Polamalu and his wife, Stephanie, have six children, KC, Matthew, Tre, Sophia, Andrew and Xander, as well as a daughter-in-law, Theresa, and grandsons, Tre and Koa.

TYSON PRINCE

ASSISTANT WIDE RECEIVERS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

PRINCE'S COACHING CAREER

2016-18	Michigan State	Student Assistant/WRs
2019	Fresno State	Graduate Assistant
2020	Detroit Lions	Offensive Quality Control
2021	Boise State	Graduate Assistant
2022	University of Washington	Offensive Quality Control
2023	Sacramento State	Offensive Passing Game Coord./WRs
2024-	**Seattle Seahawks**	**Assistant Wide Receivers**

Tyson Prince joined the Seahawks coaching staff on February 22, 2024, following one season (2023) as Sacramento State's wide receivers coach and passing game coordinator.

Prince mentored a deep receiving corps in his first season at Sacramento State. Jared Gipson was named second-team All-Big Sky after catching 38 passes for 657 yards and four touchdowns. Carlos Hill also had a breakout year, leading the team with 51 receptions for 692 yards and five scores.

Prince served as an offensive quality control coach at the University of Washington during the 2022 season where he worked closely with the receivers. The Huskies finished the season with an 11-2 overall record and captured the Alamo Bowl title. During the year, the team averaged 515.8 yards of total offense per game, including 369.8 passing yards per game. The receiving corps was led by Jalen McMillan and Rome Odunze who each produced 1,000-yard seasons.

He began his coaching career at Michigan State as a student assistant working with the wide receivers from 2016-18. He then served as a graduate assistant at Fresno State in 2019 where he worked under Jeff Tedford and current Seahawks offensive coordinator Ryan Grubb. Prince moved to the NFL in 2020 where he was an offensive quality control coach with the Detroit Lions working with tight ends. He returned to the college ranks in 2021 as an offensive graduate assistant at Boise State.

Prince earned his bachelor's degree in kinesiology from Michigan State in 2019. His father, Robert, is currently the wide receivers coach for the Dallas Cowboys and was the Seahawks wide receivers coach in 2009. He is married to Cassi.

KARL SCOTT

DEFENSIVE PASSING GAME COORDINATOR/DEFENSIVE BACKS

NFL EXPERIENCE: 5th YEAR **SEAHAWKS EXPERIENCE: 4th YEAR**

SCOTT'S COACHING CAREER

2007	Delta State	Graduate Assistant
2008-11	Tusculum	Defensive Backs/Linebackers
2012-13	Southeastern Louisiana	Linebackers
2014	Southeastern Louisiana	Defensive Coordinator/DBs
2015	Louisiana Tech	Assistant Coach/Safeties
2016-17	Texas Tech	Secondary
2018-20	Alabama	Cornerbacks
2021	Minnesota Vikings	Defensive Backs
2022	**Seattle Seahawks**	**Defensive Passing Game Coordinator/DBs**
2023	**Seattle Seahawks**	**Defensive Passing Game Coord./Sr. Asst.**
2024-	**Seattle Seahawks**	**Defensive Passing Game Coordinator/DBs**

Hired on February 22, 2022, to be the team's defensive passing game coordinator/defensive backs coach, Karl Scott enters the 2024 season in that same role, serving in that capacity in two of his three Seahawks seasons. Scott served one season (2021) as the defensive backs coach with the Vikings in his inaugural season in the NFL. Prior to Minnesota, he served as Alabama's cornerbacks coach from 2018-20.

Scott took part in the 2024 Coach Accelerator program in May of 2024 at the NFL Spring League Meeting in Nashville, Tenn. The Accelerator serves as a platform for clubs and owners to engage with qualified coaching candidates from diverse backgrounds. Candidates can build relationships with club owners and executives and further develop and hone their leadership skills. The program has successfully contributed to an increase in diverse candidates being interviewed for open positions, and many past participants have been promoted and hired into more senior coaching positions.

Last season, Scott's defensive backs had another strong campaign as CB Devon Witherspoon became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations. CB Riq Woolen tied for the team lead with three interceptions and led Seattle with 14 passes defensed (T10th NFL).

For the second consecutive season, another of Scott's rookie cornerbacks was up for NFL Defensive Rookie of the Year consideration in 2023 fifth overall selection Devon Witherspoon. Witherspoon led all rookies with 16 passes defensed (5th NFL), was named NFC Player of the Week 4, NFL Defensive Rookie of the Month for October, named to the PFWA All-Rookie Team, and selected to the Pro Bowl Games. He returned an interception at the N.Y. Giants 97 yards for a touchdown, good for the second-longest interception return in franchise history, and sixth-longest return overall. In that same game, he recorded 2.0 sacks, becoming the third rookie since 1982 with 2.0 sacks and a pick-six in a regular or postseason game.

In 2022, Scott helped lead the rapid development of rookie cornerbacks Coby Bryant, Riq Woolen, and first-year starter Michael Jackson. Woolen set a rookie franchise record and tied for first in the NFL with six interceptions while being named to the NFC Pro Bowl Games roster. He became the first Seattle defensive rookie to be named to the Pro Bowl since 2005 (LB Lofa Tatupu). Woolen was also the first rookie since 2000 and first player since 2016 (Marcus Peters) with at least 15 passes defensed, six interceptions and three fumble recoveries in a single season. Quandre Diggs was named to the NFC Pro Bowl Games for the third consecutive season, while registering four interceptions and became the only player in the NFL to record at least three interceptions in each of the past six seasons (2017-22).

Under Scott's guidance, Seattle made improvements in the passing game in 2022, including completions allowed per game (31st in NFL in 2021 to 10th in 2022), passing yards allowed per game (31st to 13th), and passing first downs allowed (32nd to 15th).

Scott played a big role in helping Minnesota's Harrison Smith garner his sixth Pro Bowl selection in 2021. Under Scott's leadership, Smith also tied his career high in sacks with 3.0, while registering 114 tackles, seven passes defensed and one interception. With Xavier Woods playing on a one-year deal, Scott assisted Woods in revitalizing his career, tying for the team-lead in interceptions with three and being the only Viking to play 100% of the team's snaps in 2021.

In 2020, Scott helped Alabama to a National Championship as the defense allowed just 19.4 points per game, ranking 13th in the nation. The Crimson Tide ranked third in the SEC in pass defense and opposing quarterbacks completed just 58.1% of passes, throwing 12 interceptions. Alabama finished the 2020 season leading the SEC in pass efficiency defense and scoring defense. Under Scott, CB Patrick Surtain II led the SEC with 12 pass breakups, en route to unanimous All-America honors and being drafted in the first round (ninth overall).

Scott tutored 2020 second round NFL draftee (51st overall) Trevon Diggs on one side and Surtain II on the other while senior Shyheim Carter manned the star position in 2019. Under Scott's direction, Alabama ranked fourth nationally and first in the SEC in pass efficiency defense (109.75), finishing with 17 interceptions and 50 pass breakups.

In 2018, Scott was charged with replacing five starters in the secondary from the Tide's 2017 National Championship team with Minkah Fitzpatrick, Ronnie Harrison, Anthony Averett, Levi Wallace and Tony Brown all off to the NFL. Led by consensus All-America safety Deionte Thompson, the Tide allowed just 22 passing touchdowns while intercepting 15 passes. Surtain II earned freshman All-America honors with 37 tackles and an interceptions.

Scott spent the 2016-17 seasons as the secondary coach at Texas Tech before being named the defensive coordinator at Louisiana-Lafayette in late December of 2017. In 2017, his unit posted an impressive turnaround, helping produce 29 turnovers, including 14 interceptions. He mentored All-Big 12 selections in Jah'Shawn Johnson and Justus Parker.

Prior to his time at Texas Tech, Scott spent one season (2015) as the safeties coach at Louisiana Tech under head coach Skip Holtz. He helped the Bulldogs to a 9-4 record and a second-place finish in the Western Division of Conference USA. Louisiana Tech defeated Arkansas State in the New Orleans Bowl as the Bulldogs finished eighth nationally in defensive touchdowns after forcing 22 turnovers, including 13 interceptions.

Scott worked at Southeastern Louisiana for three years, serving as the defensive coordinator in 2014 and linebackers coach in 2012-13. During his tenure with the Lions, he helped lead the program to back-to-back Southland Conference Championships (2013-14) and two NCAA Football Championship Division playoff appearances.

His 2014 defense at Southeastern led the Southland Conference in total defense while ranking seventh in the FCS. The Lions also led the nation in pass efficiency defense (94.3), and ranked fifth in red zone defense, eighth in scoring defense (17.7 ppg) and 11th in turnovers (28).

Scott's linebackers unit was a key factor in Southeastern's 2013 Southland Conference championship campaign. His corps benefited from the emergence of Cqulin Hubert, who was named Southland Defensive Player of the Year after recording 90 tackles, including 11 tackles for loss.

Before his time at Southeastern Louisiana, Scott served as recruiting coordinator/defensive backs/linebackers coach for four years at Tusculum College from 2008-11.

He made an immediate impact at Tusculum, as he mentored two all-conference selections in Justin Scott and Jarvis Littlejohn. Scott collected all-region honors following the 2008 season, establishing new school records for single-season (22) and career (51) tackles for loss while finishing

the season with 113 tackles and 277 for his career.

Scott's coaching career began at Delta State as a graduate assistant in 2007. In his lone season at DSU, he helped lead the Statesman to a 10-2 record, a no. 10 final national ranking, Gulf South Conference championship and NCAA Division II playoff appearance.

A native of Houston, Scott played at McMurry University in Abilene, Texas, where he earned his degree in exercise and sports studies in 2007. Scott and his wife Taron have two daughters, Kina Bailey and Kari Mae.

THORPE'S COACHING CAREER

2022	**Seattle Seahawks**	**Coaching Intern**
2023	**Seattle Seahawks**	**Defensive Assistant**
2025-	**Seattle Seahawks**	**Defensive Assistant/Special Teams**

Neiko Thorpe re-joins Seattle's coaching staff after spending the 2024 season as the team's player engagement/football operations assistant. This will be his fourth season as a coach for Seattle; serving as a defensive assistant in 2023 and the 2022 season as a coaching intern.

Thorpe played in 88 games over nine seasons in the NFL after being originally signed by Kansas City as an undrafted free agent in 2012. He played for Kansas City (2012), Oakland (2014-15), and Seattle (2016-20). Thorpe became a key cog on Seattle's special teams unit and was named a captain three times (2018-20) by his teammates. For his career, Thorpe tallied 40 special teams tackles and two fumble recoveries on special teams.

Born on February 11, 1990, Thorpe played in 51 games at Auburn, helping the Tigers capture the 2010 BCS National Championship. Majored in philosophy.

VAN DIJK'S COACHING CAREER

2015-18	USC	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Danny van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018). He is responsible for designing and implementing conditioning programs as well as working with the offensive skill players.

While at USC, van Dijk served as a strength & conditioning coach and sport science coordinator for the Trojans football team. He was responsible for devising and coordinating strategies for assessing and enhancing student-athlete readiness, performance, and recovery as part of a comprehensive sports performance program.

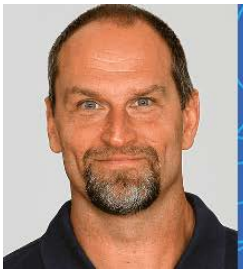
Van Dijk planned and implemented all strength and reconditioning programs for injured athletes during the end stages of rehabilitation utilizing objective, historical, and evidence-based data and protocols. He also formulated all alternative on and off-field conditioning and weight room modifications for injured and limited athletes as well as working with the Trojan quarterbacks and offensive skill players. Van Dijk also oversaw the freshman intake program.

A native of Sydney, Australia, van Dijk was the head of strength & performance for the Eastern Suburbs Rugby Union Football Club and an assistant strength & conditioning coach for the New South Wales Waratahs Rugby Union Academy prior to his time at USC.

He is a certified strength & conditioning specialist (CSCS) and a registered strength & conditioning coach (RSCC) by the National Strength & Conditioning Association (NSCA), is Sports Performance Coach certified by United States Weightlifting (USAW), is certified in the Functional Movement Screen (FMS) assessment by Functional Movement Systems and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

Van Dijk earned his bachelor's degree in physical education from the Australian College of Physical Education in 2009 and his master's degree in exercise science with an emphasis in strength & conditioning from Edith Cowan University in 2013.

He is married to Alyssa, a physical education teacher and lacrosse coach. The couple has two children, DJ and Beau.



JAMIE YANCHAR

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 16th YEAR **SEAHAWKS EXPERIENCE: 16th YEAR**

YANCHAR'S COACHING CAREER

1985-91	University of Louisville	Graduate Assistant/Part-time Asst.
1986-88	Cleveland Browns	Volunteer/Part-time Strength Asst.
1990-91	Louisville Icehawks (ECHL)	Strength Consultant
1991-04	USC	Asst. Strength & Conditioning
1992-95	L.A. Rams	Asst. Strength Coach (volunteer)
1993-95	L.A. Lakers (NBA)	Strength Consultant
1993-96	The Mighty Ducks of Anaheim (NHL)	Strength & Conditioning Coord.
1997-99	L.A. Sparks (WNBA)	Strength Consultant
2005-09	USC	Head Asst., Strength & Cond.
2010-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks coaching staff after spending 20 years as an assistant strength & conditioning coach with the University of Southern California.

Yanchar, who helped Seattle win Super Bowl XLVIII after the 2013 season and make a return trip to Super Bowl XLIX, works alongside head strength & conditioning coach Ivan Lewis to implement a regimen of mobility, stability, strength, and power.

He is responsible for designing and implementing comprehensive strength training programs including all aspects of strength, power, speed, agility, plyometrics, position-specific conditioning and position-specific drills.

Yanchar is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), a registered strength & conditioning coach emeritus (RSCC*E) by the National Strength & Conditioning Association (NSCA), and is certified in the functional movement screen (FMS) assessment by Functional Movement Systems.

During his time at USC, Yanchar oversaw the strength and conditioning efforts for baseball, football, women's tennis, and volleyball. Yanchar contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and back-to-back national football titles, as well as being a part of 13 college football bowl teams, including five Rose Bowl and two Orange Bowl appearances.

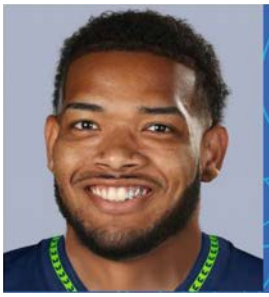
Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

Yanchar entered the NFL as a part-time assistant with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his master's degree two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

PLAYERS

67 | CHARLES CROSS
TACKLE 2022-



35 | CORNERBACK
KAM ALEXANDER

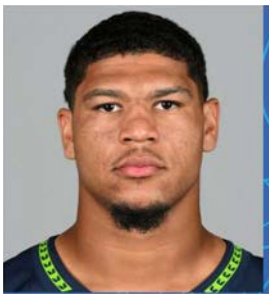
Height: 5-11	Weight: 183
College:	Oregon
Season:	Rookie
Born:	October 27, 2000
Hometown:	Manvel, Texas

TRANSACTIONS:

07/21/25: Signed by Seattle as a UDFA

COLLEGE: One-year contributor at Oregon in 2024 after transferring from UTSA. Played in 11 games with one interception and four tackles, earning a 75.3 coverage grade from Pro Football Focus. Sealed Oregon's shutout win at Purdue with a late-game interception. Started nine games at UTSA in 2023, earning first-team All-AAC honors and Frisco Bowl Defensive MVP. Tallied 34 tackles, two interceptions, and 17 passes defended—tied for fifth nationally. Posted an 82.1 PFF coverage grade. Spent four seasons at Sam Houston (2019–22), appearing in 32 games. Helped team win 2020 FCS National Championship. Totaled 52 tackles, four interceptions, 15 pass breakups, and a forced fumble. Also contributed as a kick returner. Appeared in 56 career games across three programs.

PERSONAL: Standout defensive back and kick returner at Manvel High School. Unanimous all-district selection and regional qualifier in the long jump. Clocked a 4.39 in the 40-yard dash.



18 | TIGHT END
ELIJAH ARROYO

Height: 6-5	Weight: 254
College:	Miami
Season:	Rookie
Born:	April 5, 2003
Hometown:	Frisco, Texas

TRANSACTIONS:

04/25/25: Drafted by Seattle (2nd round, 50th overall)

COLLEGE: Spent four seasons at Miami (2021-24) and started all 13 games and earning second-team All-ACC recognition his final season. Ranked fifth on team in catches (35), fourth on team in receiving yards (590) and third in touchdown catches (7) as key member of nation's most explosive offenses. Battled through injuries in 2022-23 and played in 12 games with one start his true freshman season with five catches for 86 yards and one touchdown.

PERSONAL: A consensus four-star prospect by 247Sports, ESPN and Rivals, and ranked the No. 4 tight end nationally and No. 21 player in Texas by 247Sports. Had over 1,200 yards and 17 receiving touchdowns in two varsity season. As a senior, caught 28 passes for 635 yards and 12 touchdowns and caught 48 passes for 648 yards and five touchdowns in junior season.

ELIJAH ARROYO'S COLLEGE RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Miami (FL)	12	1	0	0	0.0	0	0	5	86	17.2	29	1
2022	Miami (FL)	5	2	0	0	0.0	0	0	5	66	13.2	29	0
2023	Miami (FL)	11	0	0	0	0.0	0	0	1	11	11.0	11	0
2024	Miami (FL)	13	13	0	0	0.0	0	0	35	590	16.9	74	7
TOTALS		**41**	**16**	**0**	**0**	**0.0**	**0**	**0**	**46**	**753**	**16.4**	**74**	**8**

88 | TIGHT END
AJ BARNER

Height: 6-6	Weight: 251
College:	Michigan
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	May 3, 2002
Hometown:	Aurora, Ohio

TRANSACTIONS:

04/27/24: Drafted by Seattle (4th round, 121st overall)

NFL CAREER HIGHLIGHTS:

• Recorded a reception in 13 consecutive games in 2024, the longest streak by a rookie tight end in franchise history (Weeks 3-16). Set a career-high and tied for the team lead with five receptions for 34 yards and one touchdown at the L.A. Rams (1/5/25).

COLLEGE: Started 18 of 45 games played with Indiana (2020-22) and Michigan (2023). As a graduate student on the national champion Michigan team, started seven of 15 games and recorded 22 receptions for 249 yards and one touchdown. Was a semifinalist for the John Mackey Award and was an All-Big 10 honorable mention. Earned three letters while at Indiana, starting 11 of 30 games. Recorded 42 receptions for 361 yards and four scores. Was a two-time Academic All-Big Ten honoree, and studied management while with the Hoosiers.

PERSONAL: Prepped at Aurora High and part of a team that went 13-1 and advanced to the state semifinal game. Also played linebacker. Had 15 catches for 123 yards with four touchdowns and tallied 124 tackles on defense. Earned a three-star rating by Rivals. Was the Northeast Ohio Division III Defensive Player of the Year.

AJ BARNER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Seahawks	17	6	30	245	8.2	20	4	0	0	0.0	0	0
NFL TOTALS		**17**	**6**	**30**	**245**	**8.2**	**20**	**4**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2024 (2); **Career**: 2.

AJ BARNER'S SINGLE-GAME HIGHS: RECEIVING

Receptions	5 at Los Angeles Rams, Jan 05, 2025
Receiving Yards	34 at Los Angeles Rams, Jan 05, 2025
	...1 more at 34.
Receiving Average	6.8 at Los Angeles Rams, Jan 05, 2025
	...1 more at 6.8.
Longest Receptions	20 vs. Buffalo Bills, Oct 27, 2024
Receiving TDs	1 at Los Angeles Rams, Jan 05, 2025
	...3 more at 1.
All-Purpose Yards	34 at Los Angeles Rams, Jan 05, 2025
	...1 more at 34.
Most TDs	1 at Los Angeles Rams, Jan 05, 2025
	...3 more at 1.
Scrimmage Yards	34 at Los Angeles Rams, Jan 05, 2025
	...1 more at 34.

AJ BARNER'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	S	3	13	4.3	8	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	2	27	13.5	18	1	0	0	0.0	0	0	L	29-42
10/06	Giants	P	1	13	13.0	13	0	0	0	0.0	0	0	L	20-29
10/10	49ers	S	1	13	13.0	13	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	P	1	5	5.0	5	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	2	34	17.0	20	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	4	27	6.8	10	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	S	2	15	7.5	9	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	S	3	19	6.3	11	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	2	14	7.0	12t	1	0	0	0.0	0	0	W	26-21
12/08	at Cardinals	P	1	13	13.0	13	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	1	5	5.0	5	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	S	2	13	6.5	9	1	0	0	0.0	0	0	L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	5	34	6.8	10	1	0	0	0.0	0	0	W	30-25
2024 TOTALS		**17-6**	**30**	**245**	**8.2**	**20**	**4**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

TRANSACTIONS:

05/13/22: Signed by Cleveland as a UDFA
03/12/25: Contract expired
03/24/25: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Appeared in all 17 games with four starts for the Browns in 2023, recording 23 tackles, two interceptions and four passes defensed. Finished tied for second on team with two interceptions.
• Played in 16 games with two starts during rookie campaign, totaling six tackles in 2022. Added eight special teams stops finishing second on team.
• First undrafted rookie free agent to make Browns' initial 53-man roster during Andrew Berry's and Kevin Stefanski's tenures.

COLLEGE: Transferred to West Florida in January 2019 after a season at Butler Community College. Prior to Butler Community College, spent a year at Albany State. Won a National Championship with West Florida in 2019. As a senior, recorded two interceptions and four pass breakups to go along with 54 tackles and two forced fumbles.

PERSONAL: A native of Covington, Ga. and prepped at Alcovy High

School. Spent time at four different colleges (Albany State, Iowa Central Community College, Butler Community College and West Florida) and took a season off from football in 2017 to work in construction.

D'ANTHONY BELL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Browns	16	2	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	8	8	0	0	0	0	0
2023	Browns	17	4	23	21	2	4	7	0.0	0.0	1	2	8	6	0	4	1	0	0	0	5	4	1	0	0	0	0
2024	Browns	17	1	4	3	1	1	1	0.0	0.0	1	0	0	0	0	0	0	0	0	0	15	7	8	0	0	0	0
NFL TOTALS		**50**	**7**	**33**	**28**	**5**	**5**	**8**	**0.0**	**0.0**	**2**	**2**	**8**	**6**	**0**	**4**	**1**	**0**	**0**	**0**	**28**	**19**	**9**	**0**	**0**	**0**	**0**

D'ANTHONY BELL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Browns	1	1	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**3**	**2**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

19 | WIDE RECEIVER
JAKE BOBO

Height: 6-4	Weight: 211
College:	Duke
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	August 4, 1998
Hometown:	Belmont, Mass.

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

• Scored second NFL touchdown vs. Arizona (10/22/23) while finishing with a career-high 61 receiving yards. Along with Jaxon Smith-Njigba, became the first pair of rookie wide receivers to record a touchdown reception in the same game in franchise history.

• A week after recording his first NFL catch at Detroit (9/17/23), posted his first-career touchdown reception vs. Carolina (9/24/23). Recorded first rushing touchdown vs. Cleveland (10/29/23).

COLLEGE: Began his college career at Duke where he appeared in 43 games and made 24 starts in his career for the Blue Devils. Enrolled at UCLA in January of 2022 after graduating from Duke and participated in 2022 spring ball. Started all 13 games in 2022 and led the Bruin team with 57 catches during the season (19th on the UCLA single-season list) and had 817 receiving yards which rates 17th on the all-time UCLA single-season list in that category. Named honorable mention All-Pac-12 by the league coaches and second-team all-conference by Pro Football Focus. Named a first-team selection to the 2022 CSC Academic All-America football team. Selected to the 2022 College Sports Communicators (CSC) Academic All-District team. Earned a spot on the Spring 2022 Athletic Director's Honor Roll. Named to the 2022 Pac-12 Fall Academic Honor Roll. Started all 11 games for Duke in 2021. Was an Academic All-ACC selection. Honored as a CoSIDA Academic All-District choice. Recipient of the Clarkston Hines Award, an honor presented to Duke's top receiver.

PERSONAL: Majored in economics at Duke. Son of Casey and Mike Bobo. Father earned three letters (1989-91) in football at Dartmouth College and served as team captain in 1991. Mother played ice hockey at Dartmouth. Grandfather, Keith Bobo, lettered three seasons (1971-73) in football at SMU and was a 12th-round selection of the Dallas Cowboys in the 1974 NFL Draft. Lettered four years at Belmont Hill School under coach Chris Butler. Three-star prospect according to ESPN.com, Rivals.com and 247Sports.com. Consensus top-six prospect in Massachusetts according to 247Sports.com (No. 4), Rivals.com (No. 4) and ESPN.com (No. 6). Three-time first team All-Independent School League (ISL) selection. As a senior, caught 34 passes for 514 yards and five TDs. In junior season, totaled 31 receptions for 632 yards and 10 TDs. During junior year, helped Belmont Hill to a 7-2 record including a 41-24 win over Wilbraham & Monson Academy in the Kevin Fleming Bowl to capture the New England Prep School championship. Also earned Boston Herald All-Scholastic honors following junior season. As a sophomore, caught 30 passes for 652 yards and five TDs. Also lettered in basketball and track and field, earning All-ISL honors in both sports.

JAKE BOBO'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	17	0	19	196	10.3	31	2	1	3	3.0	3t	1
2024	Seahawks	17	3	13	107	8.2	15	1	0	0	0.0	0	0
NFL TOTALS		**34**	**3**	**32**	**303**	**9.5**	**31**	**3**	**1**	**3**	**3.0**	**3T**	**1**

ADDITIONAL STATS

Special Teams Tackles: 2024 (6); Career: 6.

JAKE BOBO'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Cleveland Browns, Oct 29, 2023
Rushing Yards	3 vs. Cleveland Browns, Oct 29, 2023
Longest Runs	3t vs. Cleveland Browns, Oct 29, 2023
Rushing TDs	1 vs. Cleveland Browns, Oct 29, 2023
Receptions	4 vs. Arizona Cardinals, Oct 22, 2023
Receiving Yards	61 vs. Arizona Cardinals, Oct 22, 2023
Receiving Average	15.3 vs. Arizona Cardinals, Oct 22, 2023
Longest Receptions	31 vs. Arizona Cardinals, Oct 22, 2023
Receiving TDs	1 vs. Arizona Cardinals, Oct 22, 2023
	...1 more at 1.
All-Purpose Yards	61 vs. Arizona Cardinals, Oct 22, 2023
Special Teams Tackles	1 vs. San Francisco 49ers, Oct 10, 2024
	...2 more at 1.
Most TDs	1 at Los Angeles Rams, Jan 05, 2025
	...3 more at 1.
Miscellaneous Tackles	1 vs. Cleveland Browns, Oct 29, 2023
	...1 more at 1.

JAKE BOBO'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

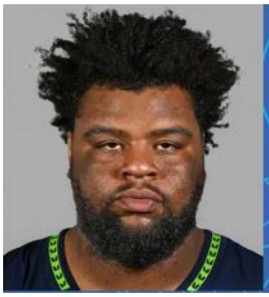
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	2	15	7.5	9	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	3	30	10.0	11	0	0	0	0.0	0	0	L	29-42
10/06	Giants	P	1	3	3.0	3	0	0	0	0.0	0	0	L	20-29
10/10	49ers	S	2	18	9.0	11	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	1	15	15.0	15	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	0	0	0.0	0	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	P	1	8	8.0	8	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-21
12/08	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	P	1	6	6.0	6	0	0	0	0.0	0	0	L	24-27
12/26	at Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	1	4	4.0	4t	1	0	0	0.0	0	0	W	30-25
2024 TOTALS		**17-3**	**13**	**107**	**8.2**	**15**	**1**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

JAKE BOBO'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	1	3	3.0	3	0	0	0	0.0	0	0	W	37-31+
09/24	Panthers	P	1	5	5.0	5t	1	0	0	0.0	0	0	W	37-27
10/02	at Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
10/15	at Bengals	P	2	43	21.5	23	0	0	0	0.0	0	0	L	13-17
10/22	Cardinals	P	4	61	15.3	31	1	0	0	0.0	0	0	W	20-10
10/29	Browns	P	2	23	11.5	15	0	1	3	3.0	3t	1	W	24-20
11/05	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	3-37
11/12	Commanders	P	2	13	6.5	11	0	0	0	0.0	0	0	W	29-26
11/19	at Rams	P	1	8	8.0	8	0	0	0	0.0	0	0	L	16-17
11/23	49ers	P	1	6	6.0	6	0	0	0	0.0	0	0	L	13-31
11/30	at Cowboys	P	1	9	9.0	9	0	0	0	0.0	0	0	L	35-41
12/10	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	1	4	4.0	4	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	1	8	8.0	8	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	1	4	4.0	4	0	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	1	9	9.0	9	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**17-0**	**19**	**196**	**10.3**	**31**	**2**	**1**	**3**	**3.0**	**3T**	**1**	**9-8**	

+ - Overtime



92 | NOSE TACKLE
QUINTON BOHANNA

Height: 6-4	Weight: 355
College:	Kentucky
Seasons:	NFL : 5th, Seahawks 2nd
Born:	March 16, 1999
Hometown:	Memphis, Tenn.
Pronunciation:	bo-HAN-uh

TRANSACTIONS:

05/01/21: Drafted by Dallas (6th round, 192nd overall)
08/29/23: Released by Dallas
08/31/23: Signed to Detroit's PS
12/13/23: Signed to Tennessee's active roster
08/27/24: Released by Tennessee
09/04/24: Signed to Seattle's PS
09/17/24: Released by Seattle
09/27/24: Signed to Seattle's PS
09/30/24: Gameday activation
10/01/24: Reverted to Seattle's PS
11/29/24: Released by Seattle
12/03/24: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Signed by Seattle early in 2024, Bohanna spent the majority of the season on the practice squad.

• Spent time with the Cowboys, Lions and Titans over three seasons (2021-23). In two seasons with the Cowboys, Bohanna appeared in 27 games with 10 starts while playing for then defensive line coach Aden Durde, who is now Seattle's defensive coordinator. Bohanna appeared in six games in 2021 with three starts, splitting time between Detroit and Tennessee.

COLLEGE: As a senior team captain at Kentucky, earned second-team All-SEC honors, playing in eight games and posting 10 tackles, three hurries, two tackles for loss and two breakups in 2020. In his career, played 45 games (31 starts) at Kentucky (2017-20), recording 59 tackles (25 solo), 9.0 tackles for loss, four pass defenses, three quarterback hurries and 2.0 sacks.

PERSONAL: Logged 91 tackles, 24 tackles for loss, and 19 sacks as a senior at Cordova High School. Selected for the Autozone Liberty Bowl High School All-Star Game following his senior season. Majored in information communication technology at Kentucky.

QUINTON BOHANNA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Cowboys	14	1	12	3	9	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	13	9	20	6	14	3	2	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Lions	3	2	6	3	3	2	12	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Titans	3	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	TOTAL	6	3	10	5	5	2	12	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**34**	**13**	**42**	**14**	**28**	**5**	**14**	**0.0**	**0.0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

QUINTON BOHANNA'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Cowboys	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

QUINTON BOHANNA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	4 at Green Bay Packers, Nov 13, 2022	**Tackles For Loss**	1 at New Orleans Saints, Dec 03, 2023
Solo Tackles	2 at New Orleans Saints, Dec 03, 2023		...4 more at 1.
	...3 more at 2.		

75 | GUARD
ANTHONY BRADFORD

Height: 6-4
Weight: 335
College: Louisiana State
Seasons: NFL : 3rd, Seahawks 3rd
Born: April 28, 2001
Hometown: Muskegon, Mich.

TRANSACTIONS:

04/29/23: Drafted by Seattle (4th round, 108th overall)
11/27/24: Placed on IR (ankle)

NFL CAREER HIGHLIGHTS:

• Started all 11 games played at right guard before being placed on injured reserve (ankle).

• Started 10 of 14 games played during his rookie season in 2023.

COLLEGE: Started 17 of 29 games played for LSU over his four-year career (12 at right guard, five at left tackle). Played in 13 games with 12 starts (11 at RG, 1 at LT) in 2022. Played in six games with five starts in 2021 (one at right guard, four at left tackle). Member of LSU's national championship team in 2019.

PERSONAL: Was a four-star recruit at Muskegon High and a top-15 offensive guard prospect nationally. Helped team win three state titles in Michigan and helped lead Muskegon to a 27-game winning streak. Won the "Big Man Bench" at the Rivals 100 Five-Star Challenge in the summer of 2018, pumping out 31 reps in the 225-pound bench press.

ANTHONY BRADFORD'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2023	Seahawks	14	10
2024	Seahawks	11	11
NFL TOTALS		**25**	**21**

85 | WIDE RECEIVER
TYRONE BRODEN

Height: 6-5
Weight: 194
College: Arkansas
Season: Rookie
Born: February 26, 2001
Hometown: Detroit, Mich.

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Started 34 of 57 career games played for Bowling Green (2019-22) and Arkansas (2023-24). Saw time in 25 games with 13 starts for the Razorbacks, collecting 30 receptions for 306 yards and four touchdowns in his two seasons. His most productive two seasons at Bowling Green were his final two (2021-22), where he recorded a career-high in receptions (36) and yards (team-leading 596) in 2021 and receiving touchdowns (team-leading 7) in 2022.

PERSONAL: Helped lead West Bloomfield High to a 9-3 mark as a senior. Listed as the no. 56 recruit on Detroit News' Blue Chip List. Earned Oakland Activities Association Red All-League honors. A three-star recruit according to 247Sports and the no. 51 athlete in the state of Michigan.Was the tallest wide receiver in the nation in 2022, sharing that distinction with three other players.

8 | SAFETY
COBY BRYANT

Height: 6-1 Weight: 205
College: Cincinnati
Seasons: NFL : 4th, Seahawks 4th
Born: March 29, 1999
Hometown: Cleveland, Ohio

TRANSACTIONS:

04/30/22: Drafted by Seattle (4th round, 109th overall)
10/13/23: Placed on IR (toe)
11/23/23: Activated from reserve

NFL CAREER HIGHLIGHTS:

• Tied for team lead with three interceptions in 2024. Took over starting duties early in the season and made 11 starts. Named NFC Defensive Player of the Week 12 after posting six tackles, one pass defensed, and his first-career pick-six, which he returned 69 yards.

• Missed time during the 2023 season due to injury (toe).

• Tied for third in the NFL with four forced fumbles in 2022, becoming the first player with four forced fumbles in his first six career games since 2000. Played in all 17 games and was part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

HONORS: 2024: NFC Defensive Player of the Week 12.

COLLEGE: Played five seasons, serving four years as a starter and appearing in 63 games with 172 tackles, 45 passes defensed and 10 interceptions. Named the Jim Thorpe Award winner as the nation's top defensive back in 2021. Named an AAC first team selection in 2020 and 2021, AFCA first-team All American and Walter Camp first-team All American. Was a team captain as a senior who won the the Jim Thorpe Award, just the second non Power 5 player to win the award and first from Cincinnati. Led by Bryant, Cincinnati had the nation's best pass defense, finishing No. 1 in the country in pass efficiency defense (103.37), No. 2 in passing yards allowed (169.2), No. 3 in interceptions (19) and No. 4 in opponent completion percentage (54.0). Produced team high 11 pass breakups, which ranked third in the AAC. He added 46 tackles and three interceptions while forcing three fumbles. His 74 yard pick six against UCF was UC's only one of the season and longest since James Wiggins against SMU in 2018.

PERSONAL: Attended Glenville High and was a three star prospect by Rivals.com and Scout.com. Scout ranked him as one of the top three cornerbacks in Ohio in the 2017 class. Named honorable mention 2016 Associated Press All Northeast Lakes District Division II. Helped lead the Tarblooders to a 7-0 record in Senate League play in 2016. Played both cornerback and safety as a junior, totaling 50 tackles, five passes defensed and an interception. Coached by Ted Ginn Sr. Brother, Christian, played defensive back at Ohio State (2010-14) and played for the St. Louis Rams (2015) and Arizona Cardinals (2016).

COBY BRYANT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	17	6	70	52	18	4	15	2.0	9.0	4	0	0	0	0	4	4	0	0	0	0	0	0	0	0	0	0
2023	Seahawks	9	2	16	12	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	2	2	0	1	0	0	0
2024	Seahawks	17	11	68	45	23	1	1	0.0	0.0	2	3	87	69t	1	6	1	0	0	0	5	3	2	0	0	0	0
NFL TOTALS		**43**	**19**	**154**	**109**	**45**	**5**	**16**	**2.0**	**9.0**	**7**	**3**	**87**	**69T**	**1**	**10**	**5**	**0**	**0**	**0**	**7**	**5**	**2**	**1**	**0**	**0**	**0**

COBY BRYANT'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**1**	**1**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

COBY BRYANT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Atlanta Falcons, Oct 20, 2024	**Tackles For Loss**	1 at San Francisco 49ers, Nov 17, 2024
Solo Tackles	7 vs. Green Bay Packers, Dec 15, 2024		...4 more at 1.
	...2 more at 7.	**Interceptions**	1 vs. Arizona Cardinals, Nov 24, 2024
Passes Defensed	1 at Chicago Bears, Dec 26, 2024		...1 more at 1.
	...9 more at 1.	**Interception Return Yards**	69 vs. Arizona Cardinals, Nov 24, 2024
Forced Fumbles	1 at Arizona Cardinals, Dec 08, 2024	**Special Teams Tackles**	2 vs. New York Giants, Oct 06, 2024
	...4 more at 1.		

77 | GUARD
BRYCE CABELDUE

Height: 6-4 Weight: 308
College: Kansas
Season: Rookie
Born: September 4, 2001
Hometown: Clovis, N.M.

TRANSACTIONS:

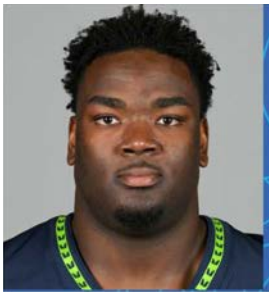
04/26/25: Drafted by Seattle (6th round, 192nd overall)

COLLEGE: Will be a guard in the NFL, but played right tackle for the Jayhawks, starting 12 games in 2024 on his way to All-Big 12 honorable mention honors. A four-year starter at Kansas, Cabeldue started 45 games over the past four seasons.

PERSONAL: Prepped at Clovis High, helping lead the Wildcats to the district championship in 2019. Earned all-state first-team honors on offense as a senior. Also named all-state second-team on defense. Picked up Most Improved Player honors for Clovis in 2018. Also lettered in basketball and baseball. Helped lead the Wildcats to the 2019 district basketball title as a junior, on his way to honorable mention all-district honors. Earned all-district honors in baseball as a junior.

BRYCE CABELDUE'S COLLEGE STATISTICS

DATE	TEAM	GP	GS
2020	Kansas	4	2
2021	Kansas	12	12
2022	Kansas	13	13
2023	Kansas	12	7
2024	Kansas	12	12
TOTALS		**53**	**46**



93 | DEFENSIVE TACKLE
ANTHONY CAMPBELL

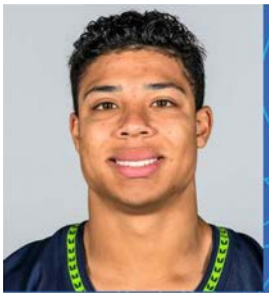
Height: 6-6 Weight: 307
College: Miami
Season: Rookie
Born: September 9, 2000
Hometown: Bartow, Fla.

TRANSACTIONS:

05/29/25: Signed by Seattle as a UDFA

COLLEGE: Spent two seasons (2019, 2020) at Indepence Community College (Kansas) before transferring to ULM for the 2021 and 2022 seasons…He finished his final season with the Warhawks with 13 total tackles (seven solo) and 3.5 tackles for loss. Had one sack, one forced fumble and one PBU in 2022 and also saw action in six games in first season at ULM.

PERSONAL: Two-year letterman as defensive end/tight end at Bartow (Florida) High School. Earned All-Polk County Third-Team honors as senior in 2018. Named named to The (Lakeland) Ledger Polk County's Super 16 (No. 8). Top game as junior in 2017 came vs. Auburndale, recording a strip-sack and returned a fumble 79 yards for a touchdown. Grew up in Kingston, Jamaica and moved to the U.S. at age 14.



26 | RUNNING BACK
ZACH CHARBONNET

Height: 6-1	Weight: 220
College:	UCLA
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	January 8, 2001
Hometown:	Camarillo, Calif.
Pronunciation:	SHAR-buh-nay

TRANSACTIONS:

04/28/23: Drafted by Seattle (2nd round, 52nd overall)

NFL CAREER HIGHLIGHTS:

• Played in all 17 games with six starts in place of an injured Kenneth Walker III in 2024, rushing for a career-high 569 yards with nine total touchdowns (8-R, 1-P). Filling in for Walker (calf) at Arizona (12/8/824), set career-highs in yards (134), attempts (22), rushing average (6.1), longest rush (51t), and tied career-high in rushing touchdowns (2).

• Scored first NFL touchdown at Dallas (11/30/23), while setting career highs in rushing yards (60), carries (19) and long reception (39).

COLLEGE: Started 27 of 40 games played for UCLA (2021-22) and Michigan (2019-20) during his college career. Carried 566 times for 3,422 yards with 39 touchdowns. Was a two-time 1,000 yard rusher for the Bruins, recording 27 touchdowns his final two years, including a career-high 1,379 rushing yards in 2022. Started all 10 games played his senior season and led the nation in all-purpose yards per game (168.0) and topped the Pac-12 in rushing yards per game (135.9, 4th FBS). Became the ninth Bruin to record back-to-back 1,000-yard seasons Was the second Bruin to rush for at least 150 yards in three straight games. Named first-team All-Pac-12 by the league coaches and Pro Football Focus. Was a semifinalist for the Doak Walker Award and a second-team AP All-American (All-Purpose).

PERSONAL: Attended Oaks Christian School. Named a 247Sports four-star recruit, ranked No. 26 overall player in the country, the no. 3 running back, and the No. 4 player in California. An ESPN four-star prospect, ranked no. 105 overall and the No. 6 running back in the country and No. 14 player in California. Was invited to play in the 2019 Under Armour All-American Game. Helped school to four straight league championships. Finished his career with 577 carries for 4,741 yards and 62 total touchdowns. As a senior, rushed 215 times for 1,795 yards and 17 touchdowns; also added three interceptions on defense. Majored in political science.

ZACH CHARBONNET'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	16	2	108	462	4.3	23	1	33	209	6.3	39	0
2024	Seahawks	17	6	135	569	4.2	51t	8	42	340	8.1	32	1
NFL TOTALS		**33**	**8**	**243**	**1,031**	**4.2**	**51T**	**9**	**75**	**549**	**7.3**	**39**	**1**

ADDITIONAL STATS

Special Teams Tackles: 2023 (1); 2024 (1); **Career**: 2.

ZACH CHARBONNET'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	22 at Arizona Cardinals, Dec 08, 2024	**Receiving Average**	8.4 at Arizona Cardinals, Dec 08, 2024
Rushing Yards	134 at Arizona Cardinals, Dec 08, 2024	**Longest Receptions**	39 at Dallas Cowboys, Nov 30, 2023
Rushing Average	6.8 vs. Green Bay Packers, Dec 15, 2024	**All-Purpose Yards**	193 at Arizona Cardinals, Dec 08, 2024
Longest Runs	51t at Arizona Cardinals, Dec 08, 2024	**Most TDs**	2 at Arizona Cardinals, Dec 08, 2024
Rushing TDs	2 at Arizona Cardinals, Dec 08, 2024		...1 more at 2.
	...1 more at 2.	**Miscellaneous Tackles**	1 vs. Miami Dolphins, Sep 22, 2024
Receptions	7 at Arizona Cardinals, Dec 08, 2024	**Scrimmage Yards**	193 at Arizona Cardinals, Dec 08, 2024
Receiving Yards	59 at Arizona Cardinals, Dec 08, 2024		

ZACH CHARBONNET'S 100-YARD RUSHING GAMES (1): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/08/24	at Cardinals	22	134	6.1	51t	2

ZACH CHARBONNET'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	8	12	1.5	6	0	2	29	14.5	30t	1	W	26-20
09/15	at Patriots	S	14	38	2.7	9	1	5	31	6.2	9	0	W	23-20+
09/22	Dolphins	S	18	91	5.1	13	2	3	16	5.3	8	0	W	24-3
09/30	at Lions	P	2	15	7.5	12	0	5	39	7.8	16	0	L	29-42
10/06	Giants	P	2	11	5.5	9	0	3	19	6.3	8	0	L	20-29
10/10	49ers	P	5	20	4.0	9	0	1	15	15.0	15	0	L	24-36
10/20	at Falcons	P	7	14	2.0	7	0	1	-5	-5.0	-5	0	W	34-14
10/27	Bills	P	3	4	1.3	3	1	3	20	6.7	12	0	L	10-31
11/03	Rams	P	2	8	4.0	6	0	2	25	12.5	24	0	L	20-26+
11/17	at 49ers	P	4	3	0.8	2	0	2	2	1.0	7	0	W	20-17
11/24	Cardinals	P	6	22	3.7	12	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	4	28	7.0	11	1	2	13	6.5	7	0	W	26-21
12/08	at Cardinals	S	22	134	6.1	51t	2	7	59	8.4	20	0	W	30-18
12/15	Packers	S	8	54	6.8	24t	1	1	12	12.0	12	0	L	13-30
12/22	Vikings	P	1	-1	-1.0	-1	0	2	14	7.0	13	0	L	24-27
12/26	at Bears	S	15	57	3.8	11	0	3	19	6.3	11	0	W	6-3
01/05	at Rams	S	14	59	4.2	12	0	0	32	0.0	32	0	W	30-25
2024 TOTALS		**17-6**	**135**	**569**	**4.2**	**51T**	**8**	**42**	**340**	**8.1**	**32**	**1**	**10-7**	

+ - Overtime

ZACH CHARBONNET'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	3	11	3.7	9	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	4	16	4.0	9	0	2	14	7.0	9	0	W	37-31+
09/24	Panthers	P	9	46	5.1	12	0	1	-1	-1.0	-1	0	W	37-27
10/02	at Giants	P	5	31	6.2	15	0	1	9	9.0	9	0	W	24-3
10/15	at Bengals	P	2	5	2.5	3	0	2	14	7.0	10	0	L	13-17
10/22	Cardinals						ON INACTIVE LIST						W	20-10
10/29	Browns	P	5	53	10.6	21	0	2	11	5.5	7	0	W	24-20
11/05	at Ravens	P	4	8	2.0	4	0	1	5	5.0	5	0	L	3-37
11/12	Commanders	P	6	44	7.3	12	0	4	18	4.5	6	0	W	29-26
11/19	at Rams	P	15	47	3.1	11	0	6	22	3.7	9	0	L	16-17
11/23	49ers	S	14	47	3.4	10	0	4	11	2.8	7	0	L	13-31
11/30	at Cowboys	S	19	60	3.2	14	1	1	39	39.0	39	0	L	35-41
12/10	at 49ers	P	9	44	4.9	23	0	1	4	4.0	4	0	L	16-28
12/18	Eagles	P	4	16	4.0	6	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	2	0	0.0	3	0	1	-4	-4.0	-4	0	W	20-17
12/31	Steelers	P	2	2	1.0	4	0	5	39	7.8	15	0	L	23-30
01/07	at Cardinals	P	5	32	6.4	14	0	2	28	14.0	15	0	W	21-20
2023 TOTALS		**16-2**	**108**	**462**	**4.3**	**23**	**1**	**33**	**209**	**6.3**	**39**	**0**	**9-8**	

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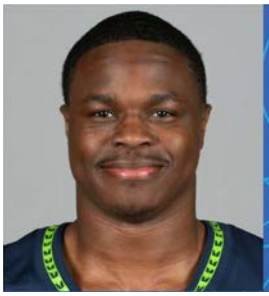


43 | LINEBACKER
SETH COLEMAN

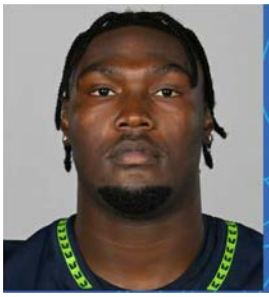
Height: 6-3 **Weight: 246**
College: **Illinois**
Season: **Rookie**
Born: **December 7, 2000**
Hometown: **Melbourne, Fla.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Started 42 of 56 career games for the Fighting Illini (2019-24), totaling 183 tackles (106 solo), 15.5 sacks and 15 passes defensed during his time. Was an All-Big 10 honorable mention following the 2022-23 seasons. Posted a career-high 53 tackles, along with 3.0 sacks during his final season in 2024. In 2023, registered career-highs in sacks (6.0, T10th in Big 10) and tackles for loss (9). Began college career at defensive end befor moving to linebacker.

PERSONAL: Was a three-star recruit by 247Sports and ESPN at Holy Trinity Episcopal Academy. Rated a two-star recruit by Rivals and the no. 74 outside linebacker in the nation by ESPN. Collected 101 tackles, 28.0 tackles for loss and 13.0 sacks as a senior.



67 | TACKLE
CHARLES CROSS

Height: 6-5 | Weight: 317
College: Mississippi State
Seasons: NFL : 4th, Seahawks 4th
Born: November 25, 2000
Hometown: Laurel, Miss.

TRANSACTIONS:

04/28/22: Drafted by Seattle (1st round, 9th overall)

NFL CAREER HIGHLIGHTS:

• Started all 17 games at left tackle in 2024 and has made 31 consecutive starts dating back to 2023.

• Started all 14 games played at left tackle in 2023, missing three due to injury (toe).

• Started all 17 games played at left tackle in 2022. Along with Abraham Lucas, became the first rookie duo to start a team's first 15 games at tackle since the 1970 merger. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Started all 22 games played in his career and was a 2021 first-team All-American by ESPN and Sporting News, a 2021 first-team All-SEC by conference coaches, Associated Press and PFF, and a 2021 second-team All-SEC by Phil Steele. Started 12 games at left tackle in 2021 and earned the top PFF pass blocking grade in the SEC for the season (84.9). Finished second in the SEC in run blocking grade (87.2) and overall offense grade (86.7) per PFF. Allowed just two sacks on 919 pass blocking snaps and did not allow a QB hit all season. Blocked for Will Rogers to lead the SEC in passing yards per game (364.5) and as he threw for 4,739 passing yards, the third most in SEC single season history

PERSONAL: Prepped at Laurel High School under head coach Todd Breland. Five star offensive tackle per Rivals and 247Sports. Four-star recruit by ESPN. Listed as the No. 1 prospect in the state of Mississippi by both 247Sports and Rivals. Top-20 prospect nationally by 247Sports (No. 8) and Rivals (No. 17). Ranked No. 84 in the ESPN 300. Standout performer in the U.S. Army All-American Bowl. Clarion Ledger Dandy Dozen selection as a senior. Named first-team all-state by the Mississippi Association of Coaches and first-team Class 5A All-Region 3 as a senior. Competed in the Mississippi/Alabama All-Star Game as a senior. Majored in business administration.

CHARLES CROSS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	17	17
2023	Seahawks	14	14
2024	Seahawks	17	17
NFL TOTALS		**48**	**48**

CHARLES CROSS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**

14 | QUARTERBACK
SAM DARNOLD

Height: 6-3 | Weight: 225
College: USC
Seasons: NFL : 8th, Seahawks 1st
Born: June 5, 1997
Hometown: San Clemente, Calif.

PRO BOWL '24

TRANSACTIONS:

04/26/18: Drafted by N.Y. Jets (1st round, 3rd overall)
04/06/21: Traded to Carolina
11/12/21: Placed on IR (shoulder)
12/25/21: Activated from reserve
09/01/22: Placed on IR (ankle)
11/07/22: Activated from reserve
03/17/23: Signed by San Francisco as a UFA
03/15/24: Signed by Minnesota as a UFA
03/13/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Voted to the Pro Bowl in his only season in Minnesota in 2024, recording single-season career-highs in games started (17), completions (361, 9th NFL), attempts (545, 8th NFL), completion percentage (66.29), passing yards (4,319, 5th NFL), passing touchdowns (35, 5th NFL) and passer rating (102.5, 6th NFL).

• Became the Vikings fifth 4,000-yard passer all-time, joining Kirk Cousins, Brett Favre, Daunte Culpepper and Warren Moon. Finished the 2024 regular season with 4,319 passing yards, the third-most yards by a Vikings QB in a season in franchise history, trailing only Daunte Culpeper in 2004 (4,717 passing yards) and Kirk Cousins in 2022 (4,547). Tied with Kirk Cousins for the second-most passing touchdowns in a season in franchise history with 35, trailing only Daunte Culpepper (39) and his six games with three-plus touchdown passes tied for the third-most games in a season in franchise history (Cousins & Culpepper).

• Became the first quarterback in Vikings history to post a 100-plus passer rating in each of the team's first four games to start a season, tying the longest streak among all quarterbacks league wide since 1970. With a career-high and franchise-record 157.9 passer rating against Atlanta, he set the team record for the most games with a 100.0-plus passer rating in Vikings history with his 11th such performance. Ended the season with 13 total. Also vs. Atlanta, became the first quarterback in team history to have at least 20 completions, multiple passing touchdowns and no interceptions in four-straight games.

• His 14 wins as starting quarterback in 2024 are a Vikings' franchise record, and he became the first quarterback in NFL history to record 14 wins in his first season with a team since 1950.

• In 2023, his lone season with the San Francisco 49ers, he appeared in 10 contests with one start, serving as backup quarterback.

• With the Carolina Panthers (2021-22), started 17 of the 18 games he appeared in and recorded 3,670 passing yards with 16 touchdowns and 16 interceptions. Also scored seven touchdowns on the ground, rushing for 328 yards on 74 attempts.

• In three seasons with the New York Jets (2018-20), started all 38 games played and threw for 8,097 yards with 45 touchdowns and 39 interceptions. Added 417 rushing yards and five touchdowns on 114 carries.

HONORS: 2024: NFC Pro Bowl, PFWA Most Improved Player, NFC Offensive Player of the Month for September, NFC Offensive Player of the Week 14; 2019: AFC Offensive Player of the Week 6.

COLLEGE: Played two seasons at USC after redshirting in 2015, appearing in 27 games from 2016-17. Totaled 7,229 passing yards, 57 touchdowns and 22 interceptions. Also ran for 332 yards and seven touchdowns. In 2017, threw for over 4,000 yards and earned MVP honors in the Pac-12 Championship Game win over Stanford, helping the Trojans advance to 2017 Cotton Bowl. Only USC quarterback in history to have back-to-back five passing touchdown games (Arizona and California in 2016). In 2016, ranked ninth nationally in passing efficiency (161.1), 10th in completion percentage (67.2%) and 13th in passing touchdowns (31). Following the 2016 season, was named the Pac-12 Freshman Offensive Player of the Year, Rose Bowl Offensive Player of the Game and was the Archie Griffin Award winner, given to college football's most valuable player.

PERSONAL: Went 15-3 as a starter in his three-year prep career at San Clemente High. As a senior, completed 213 of 314 passes (67.8%) for 2,996 yards with 39 touchdowns and eight interceptions. Added 785 rushing yards and 13 touchdowns on 125 carries. His passing yards, passing touchdowns, completions and total yards (3,770) were all single-season school records. Helped San Clemente advance to the 2014 CIF Southwest Division championship game his senior year. Completed 29-of-46 passes (63.0%) for 337 yards and four touchdowns and ran for 322 yards on 35 carries with five touchdowns as a junior in 2013 before he broke his foot in the third game of the season. As a sophomore in 2012, hit 40-of-60 passes (66.7%) for 411 yards and three touchdowns and ran for 143 yards and one touchdown on 37 carries. Also caught nine passes for 153 yards and a touchdown. Also played defense as a sophomore, recording 27 tackles, 2.0 sacks, one interception and three passes defensed. Also played baseball and basketball. Father, Mike, played football (guard) at Redlands and mother, Chris, played volleyball at Long Beach City College. Sister, Franki, played volleyball at Rhode Island (2012-15). Grandfather, Dick Hammer, played basketball at USC and was a member of the USA's 1964 Olympic volleyball team. He was also an original Marlboro Man actor and Captain Hammer on the 1970s show Emergency! Grandmother, Betty Hammer, played volleyball (including training with the U.S. National Team) and softball. Uncle, Dan Hammer, played volleyball at Long Beach State (1980-81). His cousin, Allie Hammer, played volleyball at Irvine Valley College (2009-10) and American (2010-11), his cousin, Michele Hammer, played volleyball at Chapman (2012-15) and his cousin, A.J. Hammer, played volleyball at Concordia (2015-17). Majored in communications at USC.

SAM DARNOLD'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2018	Jets	13	13	414	239	57.7	2,865	6.9	17	15	76t	30	204	77.6	44	138	3.1	28	1
2019	Jets	13	13	441	273	61.9	3,024	6.9	19	13	92t	33	212	84.3	33	62	1.9	24	2
2020	Jets	12	12	364	217	59.6	2,208	6.1	9	11	69t	35	234	72.7	37	217	5.9	46t	2
2021	Panthers	12	11	406	243	59.9	2,527	6.2	9	13	63	35	204	71.9	48	222	4.6	30	5
2022	Panthers	6	6	140	82	58.6	1,143	8.2	7	3	52	10	78	92.6	26	106	4.1	26	2
2023	49ers	10	1	46	28	60.9	297	6.5	2	1	48	6	40	85.1	21	15	0.7	9	1
2024	Vikings	17	17	545	361	66.2	4,319	7.9	35	12	97t	48	335	102.5	67	212	3.2	19	1
TOTALS		**83**	**73**	**2,356**	**1,443**	**61.2**	**16,383**	**7.0**	**98**	**68**	**97T**	**197**	**1,307**	**83.9**	**276**	**972**	**3.5**	**46T**	**14**

SAM DARNOLD'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2023	49ers	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2024	Vikings	1	1	40	25	62.5	245	6.1	1	1	26t	9	82	77.6	4	19	4.8	17	0
TOTALS		**1**	**1**	**40**	**25**	**62.5**	**245**	**6.1**	**1**	**1**	**26T**	**9**	**82**	**77.6**	**4**	**19**	**4.8**	**17**	**0**

SAM DARNOLD'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	48 at Cincinnati Bengals, Dec 01, 2019	**Passer Rating**	157.9 vs. Atlanta Falcons, Dec 08, 2024
Pass Completions	33 vs. Green Bay Packers, Dec 29, 2024	**Rush Attempts**	8 at Tennessee Titans, Nov 17, 2024
Yards Passing	377 vs. Green Bay Packers, Dec 29, 2024		...3 more at 8.
TD Passes	5 vs. Atlanta Falcons, Dec 08, 2024	**Rushing Yards**	84 vs. Denver Broncos, Oct 01, 2020
Long Passes	97t vs. San Francisco 49ers, Sep 15, 2024	**Rushing Average**	8.3 at Atlanta Falcons, Oct 31, 2021
Completion Percentage	82.4 vs. Indianapolis Colts, Nov 03, 2024	**Longest Runs**	46t vs. Denver Broncos, Oct 01, 2020
		Rushing TDs	2 at Dallas Cowboys, Oct 03, 2021
			...1 more at 2.

SAM DARNOLD'S 300-YARD PASSING GAMES (11): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/29/24	PACKERS	33	377	11.4	37	3
12/08/24	FALCONS	22	347	15.8	52t	5
01/01/23	at Buccaneers	23	341	14.8	47	3
12/23/18	PACKERS	24	341	14.2	33t	3
10/13/19	COWBOYS	23	338	14.7	92t	2
09/16/18	DOLPHINS	25	334	13.4	44	1
11/24/24	at Bears	22	330	15.0	69	2
11/24/19	RAIDERS	20	315	15.8	69	2
09/19/21	SAINTS	26	305	11.7	32	2
09/23/21	at Texans	23	304	13.2	30	0
10/03/21	at Cowboys	26	301	11.6	55	2

SAM DARNOLD'S 2024 GXG REGULAR-SEASON STATISTICS (VIKINGS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	at Giants	S	24	19	208	79.2	8.7	10.9	2	1	44	1/7	113.2	3	3	3	0	W	28-6
09/15	49ers	S	26	17	268	65.4	10.3	15.8	2	1	97t	3/10	109.1	5	32	18	0	W	23-17
09/22	Texans	S	28	17	181	60.7	6.5	10.6	4	0	28	4/25	119.2	0	0	0	0	W	34-7
09/29	at Packers	S	28	20	275	71.4	9.8	13.8	3	1	31	2/21	123.4	7	15	12	0	W	31-29
10/06	Jets	S	31	14	179	45.2	5.8	12.8	0	1	27	4/32	50.3	5	11	10	0	W	23-17
10/20	Lions	S	27	22	259	81.5	9.6	11.8	1	1	51	4/15	103.5	4	39	19	0	L	29-31
10/24	at Rams	S	25	18	240	72.0	9.6	13.3	2	0	27	3/28	128.8	3	6	5	0	L	20-30
11/03	Colts	S	34	28	290	82.4	8.5	10.4	3	2	41	4/30	107.1	4	14	11	0	W	21-13
11/10	at Jaguars	S	38	24	241	63.2	6.3	10.0	0	3	28	1/8	48.2	7	28	11	0	W	12-7
11/17	at Titans	S	32	20	246	62.5	7.7	12.3	2	0	47t	2/10	107.0	8	18	6	1	W	23-13
11/24	at Bears	S	34	22	330	64.7	9.7	15.0	2	0	69	3/16	116.1	2	-1	1	0	W	30-27+
12/01	Cardinals	S	31	21	235	67.7	7.6	11.2	2	0	30	5/30	111.6	4	22	12	0	W	23-22
12/08	Falcons	S	28	22	347	78.6	12.4	15.8	5	0	52t	4/29	157.9	4	7	5	0	W	42-21
12/16	Bears	S	40	24	231	60.0	5.8	9.6	1	1	21	2/16	74.1	0	0	0	0	W	30-12
12/22	at Seahawks	S	35	22	246	62.9	7.0	11.2	3	0	39t	3/29	112.3	5	11	9	0	W	27-24
12/29	Packers	S	43	33	377	76.7	8.8	11.4	3	1	37	1/5	116.1	3	-3	-1	0	W	27-25
01/05	at Lions	S	41	18	166	43.9	4.0	9.2	0	0	31	2/24	55.5	3	10	9	0	L	9-31
2024 TOTALS		**17-17**	**545**	**361**	**4,319**	**66.2**	**7.9**	**12.0**	**35**	**12**	**97T**	**48/335**	**102.5**	**67**	**212**	**19**	**1**	**14-3**	

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SAM DARNOLD'S 2023 GXG REGULAR-SEASON STATISTICS (49ERS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Steelers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	2	-2	-1	0	W	30-7
09/17	at Rams		DID NOT PLAY (NON-INJURY)															W	30-23
09/21	Giants	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	30-12
10/01	Cardinals	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	35-16
10/08	Cowboys	P	1	1	1	100.0	1.0	1.0	0	0	1	0/0	79.2	1	-1	-1	0	W	42-10
10/15	at Browns		DID NOT PLAY (NON-INJURY)															L	17-19
10/23	at Vikings		DID NOT PLAY (NON-INJURY)															L	17-22
10/29	Bengals		DID NOT PLAY (NON-INJURY)															L	17-31
11/12	at Jaguars	P	2	1	6	50.0	3.0	6.0	0	0	6	0/0	56.2	3	-3	-1	0	W	34-3
11/19	Buccaneers		DID NOT PLAY (NON-INJURY)															W	27-14
11/23	at Seahawks		DID NOT PLAY (NON-INJURY)															W	31-13
12/03	at Eagles	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	42-19
12/10	Seahawks		DID NOT PLAY (NON-INJURY)															W	28-16
12/17	at Cardinals	P	3	2	20	66.7	6.7	10.0	0	0	17	0/0	85.4	2	-2	-1	0	W	45-29
12/25	Ravens	P	14	8	81	57.1	5.8	10.1	1	1	24	2/20	67.9	1	9	9	0	L	19-33
12/31	at Commanders	P	0	0	0	0.0	0.0	0.0	0	0	0	1/6	0.0	2	-2	-1	0	W	27-10
01/07	Rams	S	26	16	189	61.5	7.3	11.8	1	0	48	3/14	96.5	7	19	9	1	L	20-21
2023 TOTALS		**10-1**	**46**	**28**	**297**	**60.9**	**6.5**	**10.6**	**2**	**1**	**48**	**6/40**	**85.1**	**21**	**15**	**9**	**1**	**12-5**	

SAM DARNOLD'S 2022 GXG REGULAR-SEASON STATISTICS (PANTHERS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/11	Browns								INJURED RESERVE									L	24-26
09/18	at Giants								INJURED RESERVE									L	16-19
09/25	Saints								INJURED RESERVE									W	22-14
10/02	Cardinals								INJURED RESERVE									L	16-26
10/09	49ers								INJURED RESERVE									L	15-37
10/16	at Rams								INJURED RESERVE									L	10-24
10/23	Buccaneers								INJURED RESERVE									W	21-3
10/30	at Falcons								INJURED RESERVE									L	34-37+
11/06	at Bengals								DID NOT PLAY									L	21-42
11/10	Falcons								INACTIVE									W	25-15
11/20	at Ravens								DID NOT PLAY (NON-INJURY)									L	3-13
11/27	Broncos	S	19	11	164	57.9	8.6	14.9	1	0	52	0/0	103.8	3	3	2t	1	W	23-10
12/11	at Seahawks	S	24	14	120	58.3	5.0	8.6	1	0	18	2/15	85.4	4	30	26	0	W	30-24
12/18	Steelers	S	23	14	225	60.9	9.8	16.1	1	0	45	4/37	108.1	2	2	3	0	L	16-24
12/24	Lions	S	22	15	250	68.2	11.4	16.7	1	0	47	0/0	121.4	6	19	13	1	W	37-23
01/01	at Buccaneers	S	37	23	341	62.2	9.2	14.8	3	1	47	2/15	108.1	5	20	11	0	L	24-30
01/08	at Saints	S	15	5	43	33.3	2.9	8.6	0	2	21	2/11	2.8	6	32	13	0	W	10-7
2022 TOTALS		**6-6**	**140**	**82**	**1,143**	**58.6**	**8.2**	**13.9**	**7**	**3**	**52**	**10/78**	**92.6**	**26**	**106**	**26**	**2**	**7-10**	

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SAM DARNOLD'S 2021 GXG REGULAR-SEASON STATISTICS (PANTHERS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/12	Jets	S	35	24	279	68.6	8.0	11.6	1	0	57t	1/9	102.0	5	-1	5t	1	W	19-14
09/19	Saints	S	38	26	305	68.4	8.0	11.7	2	1	32	2/11	99.1	1	7	7	0	W	26-7
09/23	at Texans	S	34	23	304	67.6	8.9	13.2	0	0	30	3/14	95.7	8	11	5t	2	W	24-9
10/03	at Cowboys	S	39	26	301	66.7	7.7	11.6	2	2	55	5/35	85.5	6	35	14	2	L	28-36
10/10	Eagles	S	37	21	177	56.8	4.8	8.4	1	3	25	3/19	44.5	2	10	5	0	L	18-21
10/17	Vikings	S	41	17	207	41.5	5.0	12.2	1	1	41	4/19	55.6	4	48	30	0	L	28-34+
10/24	at Giants	S	25	16	112	64.0	4.5	7.0	0	1	21	3/12	57.4	0	0	0	0	L	3-25
10/31	at Falcons	S	24	13	129	54.2	5.4	9.9	0	0	23	0/0	69.6	8	66	20	0	W	19-13
11/07	Patriots	S	33	16	172	48.5	5.2	10.8	0	3	33	1/10	26.3	3	9	4	0	L	6-24
11/14	at Cardinals								INJURED RESERVE									W	34-10
11/21	Football Team								INJURED RESERVE									L	21-27
11/28	at Dolphins								INJURED RESERVE									L	10-33
12/12	Falcons								INJURED RESERVE									L	21-29
12/19	at Bills								INJURED RESERVE									L	14-31
12/26	Buccaneers	P	32	15	190	46.9	5.9	12.7	0	0	63	4/21	65.9	1	11	11	0	L	6-32
01/02	at Saints	S	26	17	132	65.4	5.1	7.8	0	1	21	7/42	61.7	2	7	6	0	L	10-18
01/09	at Buccaneers	S	42	29	219	69.0	5.2	7.6	2	1	20	2/12	87.3	8	19	6	0	L	17-41
2021 TOTALS		**12-11**	**406**	**243**	**2,527**	**59.9**	**6.2**	**10.4**	**9**	**13**	**63**	**35/204**	**71.9**	**48**	**222**	**30**	**5**	**5-12**	

+ - Overtime

SAM DARNOLD'S 2020 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/13	at Bills	S	35	21	215	60.0	6.1	10.2	1	1	69t	3/13	75.3	1	6	6	0	L	17-27
09/20	49ers	S	32	21	179	65.6	5.6	8.5	1	0	30t	1/6	90.5	2	7	8	0	L	13-31
09/27	at Colts	S	29	17	168	58.6	5.8	9.9	1	3	28	2/17	47.0	5	20	8	0	L	7-36
10/01	Broncos	S	42	23	230	54.8	5.5	10.0	0	0	35	6/54	70.5	6	84	46t	1	L	28-37
10/11	Cardinals								ON INACTIVE LIST									L	10-30
10/18	at Dolphins								ON INACTIVE LIST									L	0-24
10/25	Bills	S	23	12	120	52.2	5.2	10.0	0	2	22	6/29	31.1	0	0	0	0	L	10-18
11/01	at Chiefs	S	30	18	133	60.0	4.4	7.4	0	0	27	1/5	70.6	4	21	6	0	L	9-35
11/09	Patriots								ON INACTIVE LIST									L	27-30
11/22	at Chargers								ON INACTIVE LIST									L	28-34
11/29	Dolphins	S	27	16	197	59.3	7.3	12.3	0	2	37	3/24	51.0	2	9	5	0	L	3-20
12/06	Raiders	S	23	14	186	60.9	8.1	13.3	2	1	25	3/16	97.4	3	26	17	1	L	28-31
12/13	at Seahawks	S	26	14	132	53.8	5.1	9.4	0	0	34	3/16	68.1	1	3	3	0	L	3-40
12/20	at Rams	S	31	22	207	71.0	6.7	9.4	1	0	24	2/11	99.8	5	18	12	0	W	23-20
12/27	Browns	S	32	16	175	50.0	5.5	10.9	2	0	30t	2/16	87.4	7	20	11	0	W	23-16
01/03	at Patriots	S	34	23	266	67.6	7.8	11.6	1	2	53	3/27	76.3	1	3	3	0	L	14-28
2020 TOTALS		**12-12**	**364**	**217**	**2,208**	**59.6**	**6.1**	**10.2**	**9**	**11**	**69T**	**35/234**	**72.7**	**37**	**217**	**46T**	**2**	**2-14**	

SAM DARNOLD'S 2019 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	Bills	S	41	28	175	68.3	4.3	6.3	1	0	19	4/20	84.9	1	0	0	0	L	16-17
09/16	Browns								ON INACTIVE LIST									L	3-23
09/22	at Patriots								ON INACTIVE LIST									L	14-30
10/06	at Eagles								ON INACTIVE LIST									L	6-31
10/13	Cowboys	S	32	23	338	71.9	10.6	14.7	2	1	92t	2/12	113.8	5	1	3	0	W	24-22
10/21	Patriots	S	32	11	86	34.4	2.7	7.8	0	4	20	1/13	3.6	2	-1	0	0	L	0-33
10/27	at Jaguars	S	30	21	218	70.0	7.3	10.4	2	3	24t	8/51	73.3	1	-1	-1	0	L	15-29
11/03	at Dolphins	S	39	27	260	69.2	6.7	9.6	1	1	22	3/22	85.4	2	1	1	0	L	18-26
11/10	Giants	S	30	19	230	63.3	7.7	12.1	1	0	47	2/12	97.9	3	25	24	1	W	34-27
11/17	at Redskins	S	30	19	293	63.3	9.8	15.4	4	1	45	2/8	121.2	2	-3	-1	0	W	34-17
11/24	Raiders	S	29	20	315	69.0	10.9	15.8	2	0	69	1/2	127.8	4	16	8	1	W	34-3
12/01	at Bengals	S	48	28	239	58.3	5.0	8.5	0	0	20	4/30	71.4	2	9	7	0	L	6-22
12/08	Dolphins	S	36	20	270	55.6	7.5	13.5	2	1	39	1/8	86.6	3	3	4	0	W	22-21
12/12	at Ravens	S	32	18	218	56.3	6.8	12.1	2	1	41	1/11	85.2	1	11	11	0	L	21-42
12/22	Steelers	S	26	16	183	61.5	7.0	11.4	1	0	32	2/9	95.5	4	3	4	0	W	16-10
12/29	at Bills	S	36	23	199	63.9	5.5	8.7	1	1	24	2/14	76.0	3	-2	0	0	W	13-6
2019 TOTALS		**13-13**	**441**	**273**	**3,024**	**61.9**	**6.9**	**11.1**	**19**	**13**	**92T**	**33/212**	**84.3**	**33**	**62**	**24**	**2**	**7-9**	

SAM DARNOLD'S 2018 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Lions	S	21	16	198	76.2	9.4	12.4	2	1	41t	2/18	116.8	6	-1	6	0	W	48-17
09/16	Dolphins	S	41	25	334	61.0	8.1	13.4	1	2	44	3/14	74.6	2	1	1	0	L	12-20
09/20	at Browns	S	31	15	169	48.4	5.5	11.3	0	2	25	2/8	38.2	0	0	0	0	L	17-21
09/30	at Jaguars	S	34	17	167	50.0	4.9	9.8	1	0	42	3/23	74.0	2	8	5	0	L	12-31
10/07	Broncos	S	22	10	198	45.5	9.0	19.8	3	1	76t	1/9	98.1	3	5	3	0	W	34-16
10/14	Colts	S	30	24	280	80.0	9.3	11.7	2	1	32t	2/13	113.9	6	8	6	0	W	42-34
10/21	Vikings	S	42	17	206	40.5	4.9	12.1	1	3	35	3/14	34.4	6	18	10	1	L	17-37
10/28	at Bears	S	29	14	153	48.3	5.3	10.9	1	0	29	1/3	75.8	5	22	13	0	L	10-24
11/04	at Dolphins	S	39	21	229	53.8	5.9	10.9	0	4	28	4/27	31.8	0	0	0	0	L	6-13
11/11	Bills								ON INACTIVE LIST									L	10-41
11/25	Patriots								ON INACTIVE LIST									L	13-27
12/02	at Titans								ON INACTIVE LIST									L	22-26
12/09	at Bills	S	24	16	170	66.7	7.1	10.6	1	1	37	0/0	83.7	4	10	9	0	W	27-23
12/15	Texans	S	38	24	253	63.2	6.7	10.5	2	0	26	3/25	100.0	6	35	14	0	L	22-29
12/23	Packers	S	35	24	341	68.6	9.7	14.2	3	0	33t	2/18	128.4	3	4	3	0	L	38-44+
12/30	at Patriots	S	28	16	167	57.1	6.0	10.4	0	0	25	4/32	74.6	1	28	28	0	L	3-38
2018 TOTALS		**13-13**	**414**	**239**	**2,865**	**57.7**	**6.9**	**12.0**	**17**	**15**	**76T**	**30/204**	**77.6**	**44**	**138**	**28**	**1**	**4-12**	

+ - Overtime

4 | PUNTER
MICHAEL DICKSON

Height: 6-2	Weight: 208
College:	Texas
Seasons:	NFL : 8th, Seahawks 8th
Born:	January 4, 1996
Hometown:	Sydney, Australia

AP 1ST TEAM '18

PRO BOWL '18

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 149th overall)

NFL CAREER HIGHLIGHTS:

• Dickson's 48.2 career punt average ranks third in NFL history and 42.9 career net average ranks first in franchise history.

• His 49.4 punt average in 2024 ranks third in franchise history for a single season. Facing Buffalo (10/27/24), set a franchise record with a 61.3 punting average (four punts for 245 yards). Finished with the third-best net average of his career (52.5), while adding the third-longest punt (68 yards).

• Set a single-season franchise record with a 50.0-yard punt average in 2023. Set career high with a 59.0 average on four punts, including a career-long 73-yarder vs. L.A. Rams (9/10/23). At Dallas (11/30/23), joined Dallas punter Bryan Anger as Seattle and Dallas became the sixth game (five regular season, one postseason) in NFL history without a punt.

• Ranked second in the NFL with a 44.4 net punting average in 2022, and passed Rick Tuten for second place on Seattle's all-time punts inside the 20 list.

• Led the NFL in 2021 with a club-record 40 punts downed inside the 20 and passed Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

• In 2020, led NFL with 32 punts downed inside the 20 and led NFC (2nd NFL) with a single-season franchise record 49.6 average. Ranked second in the NFC (3rd NFL) with a single-season franchise record 44.4 net average. Earned NFC Special Teams Player of the Week twice during the 2020 season (Weeks 2 and 15).

• Tied (Jeff Feagles, Jon Ryan) for the franchise record for most punts landing inside the 20 in a single season with 34 in 2019.

• Earned first-team All-Pro as a rookie after finishing second in the NFL with a club-record 48.2-yard average. Was sixth in the NFL with a club-record 42.5 net average. Second Seahawks punter named to the All-Pro team, and first time since Rick Tuten earned second-team honors in 1994. Also earned a Pro Bowl bid as a rookie, following Tuten (1994) as only the second Pro Bowl punter in team history. Earned NFC Special Teams Player of the Month (November) and NFC Special Teams Player for Week 8.

HONORS: 2025: Named to the Top 50 Players in franchise history; 2020: NFC Special Teams Player of the Week 2 & 15. 2018: Associated Press First-Team All-Pro, Sporting News All-Pro, PFWA All-NFL Team, PFWA All-Rookie Team, NFC Pro Bowl, NFC Special Teams Player of the Month for November, NFC Special Teams Player of the Week 8.

COLLEGE: After growing up in Australia, playing Australian Rules Football, transitioned to American football and played three years at Texas, finishing his career as UT's all-time leader in punting average at 45.32 yards per punt. Punted a school-record 226 times for a school-record 10,242 yards. Was the recipient of the 2017 Ray Guy Award. Named a unanimous first team All-American (AFCA, AP, FWAA, SN, WCFF). The 2016 and 2017 Big 12 Conference Special Teams Player of the Year. Named first team All-Big 12 at punter in both 2016 and 2017. Named 2017 Big 12 Football Scholar-Athlete of the Year and an Academic All-Big 12 First Team member. Also an All-American in 2016.

PERSONAL: During high school played Australian Rules Football, serving mostly as a defender. Started each match in his career. Averaged approximately 20 disposals per game (a kick/punt or a hand pass). During 2014, participated for the Sydney Swans Academy (professional development team) and represented his state (NSW). Born in Sydney, Australia. Lived in Melbourne, Australia for the five months preceding his move to the United States in the summer of 2015. Mother is Lily Baum and stepfather is Stephen Baum. Has one sister, Rubie.

MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	36	304	3,355	42.5	5	28	69	1
2019	Seahawks	16	74	3,341	45.1	34	213	3,028	40.9	5	34	63	0
2020	Seahawks	16	61	3,028	49.6	28	199	2,709	44.4	6	32	67	0
2021	Seahawks	17	83	3,895	46.9	32	234	3,461	41.7	10	40	68	0
2022	Seahawks	17	66	3,199	48.5	35	207	2,932	44.4	3	22	68	0
2023	Seahawks	17	66	3,303	50.0	34	232	2,911	44.1	8	25	73	0
2024	Seahawks	17	76	3,756	49.4	31	284	3,292	43.3	9	31	68	0
NFL TOTALS		**116**	**504**	**24,281**	**48.2**	**230**	**1,673**	**21,688**	**42.9**	**46**	**212**	**73**	**1**

MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET AVG.	TB	IN20	LG	BK
2018	Seahawks	1	7	360	51.4	6	80	280	40.0	0	1	60	0
2019	Seahawks	2	7	325	46.4	1	6	299	42.7	1	4	64	0
2020	Seahawks	1	8	446	55.8	1	9	397	49.6	2	3	71	0
2022	Seahawks	1	4	194	48.5	1	16	178	44.5	0	1	60	0
NFL TOTALS		**5**	**26**	**1,325**	**51.0**	**9**	**111**	**1,154**	**44.4**	**3**	**9**	**71**	**0**

ADDITIONAL STATS

Rushing: 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.

Special Teams Tackles: 2020 (1), 2024 (1); **Career: 2.**

MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

Punts	8 at Washington Football Team, Nov 29, 2021 ...5 more at 8.	**Inside the 20**	5 at Philadelphia Eagles, Nov 24, 2019
Gross Punting Yards	426 at San Francisco 49ers, Dec 16, 2018	**Rush Attempts**	1 vs. Arizona Cardinals, Oct 16, 2022 ...2 more at 1.
Gross Punting Avg	61.3 vs. Buffalo Bills, Oct 27, 2024	**Rushing Yards**	9 at Detroit Lions, Oct 28, 2018
Net Punting Yards	392 at Washington Football Team, Nov 29, 2021	**Longest Runs**	9 at Detroit Lions, Oct 28, 2018
Net Punting Avg	57.5 at Denver Broncos, Sep 09, 2018	**Special Teams Tackles**	1 at San Francisco 49ers, Jan 03, 2021
Longest Punts	73 vs. Los Angeles Rams, Sep 10, 2023		

3 | SAFETY
NICK EMMANWORI

Height: 6-3 **Weight:** 220
College: South Carolina
Season: Rookie
Born: February 7, 2004
Hometown: Irmo, S.C.
Pronunciation: EE-man-WORE-ee

TRANSACTIONS:

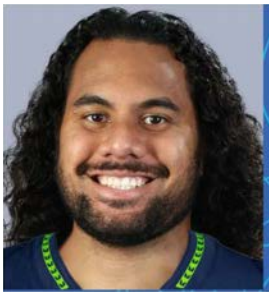
04/25/25: Drafted by Seattle (2nd round, 35th overall)

COLLEGE: Three-year player who began his career as a Freshman All-American in 2022 and capped his career as a first-team All-American in 2024. Appeared in 37 games with 36 starts over a three-year career and credited with 244 career tackles and six interceptions, returning two for touchdowns. Earned first-team All-America honors according to AP, Sporting News, Reese's Senior Bowl and College FB Nation, and was a second-team selection by FAA, SI.com, CBS Sports and Phil Steele. Was a unanimous first-team All-SEC selection. Was a finalist for the 2024 Blanchard-Rogers Trophy, a semifinalist for the Jim Thorpe Award. College Football Nation selected him as its Safety of the Year, SEC Player of the Year, SEC Defensive Player of the Year and SEC Safety of the Year. Started all 13 games during his junior year and led the team with 88 tackles (57 solo) and 3.0 tackles for loss. Had four interceptions, tying for fourth in the SEC. One of three players in the country to return two interceptions for touchdowns and ranked eighth in the nation with 107 interception return yards.

PERSONAL: Graduated from Irmo (S.C.) High School in 2022. Played all over on defense, but primarily at middle linebacker. Earned first-team All-State 4A honors and led the Yellow Jackets to the semifinals as a senior. Selected for the Shrine Bowl and the Touchstone Energy Cooperatives Bowl. Credited with 232 tackles, four sacks and eight forced fumbles as a senior. Was an all-state selection as a junior when he collected 100 tackles, eight tackles for loss, two interceptions, a forced fumble and three sacks in nine games. Ranked as the sixth-best player in the Palmetto State by Rivals and 247Sports.

NICK EMMANWORI'S COLLEGE DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	South Carolina	13	12	85	62	23	1.0	2.0	0.0	0.0	2	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0
2023	South Carolina	12	11	71	47	24	0.0	0.0	0.0	0.0	1	2	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0
2024	South Carolina	13	13	88	57	31	3.0	6.0	0.0	0.0	0	4	107	65	2	2	0	0	0	0	0	0	0	0	0	0	0
TOTALS		**38**	**36**	**244**	**166**	**78**	**4.0**	**8.0**	**0.0**	**0.0**	**3**	**6**	**107**	**65**	**2**	**11**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



73 | TACKLE
LUKE FELIX-FUALALO

Height: 6-7 **Weight:** 318
College: Hawaii
Season: Rookie
Born: February 2, 2000
Hometown: Brisbane, Australia

TRANSACTIONS:

06/16/25: Signed by Seattle as a UDFA

COLLEGE: Wrapped up college career with 48 games played and 28 starts at offensive tackle between Hawai'i and Utah. In 2023, started 11 games at right tackle, earning first-team All-Mountain West honors from Pro Football Focus with a 74.8 grade and allowing just one sack in 491 pass-blocking snaps. Started four games in 2024, earning a top-30 national pass-blocking grade (85.2) and academic All-Mountain West honors. Appeared in 13 games in 2022 and 11 at Utah from 2019–2021, contributing to the Utes' 2021 Pac-12 title.

PERSONAL: Former three-star recruit out of Mater Dei High School in Santa Ana, Calif., where he helped lead the team to the 2018 CIF-Southern Section Division 1 title. Began playing football as a junior in 2017. Born in Brisbane, Australia to parents Daniel Fualalo and Denise Felix. Father played rugby for Tonga and mother was a professional netball player. Has three brothers and was named after Luke Skywalker from the Star Wars trilogy. Earned a degree in psychology and is currently majoring in philosophy.

30 | SAFETY
AJ FINLEY

Height: 6-2 **Weight:** 202
College: Mississippi
Seasons: NFL : 3rd, Seahawks 2nd
Born: September 14, 2001
Hometown: Mobile, Ala.

TRANSACTIONS:

05/12/23: Signed by L.A. Chargers as a UDFA
09/23/23: Released by L.A. Chargers
09/26/23: Signed to L.A. Chargers PS
09/30/23: Signed to active roster
11/25/24: Released by L.A. Chargers
11/26/24: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Saw time in four games for Seattle in 2024, primarily on special teams, recording one tackle.

• Appeared in 12 games as a rookie with the Chargers in 2023, and 10 this season in 2024 before being waived, playing a total of 370 snaps on special teams and 69 snaps on defense.

COLLEGE: Over four seasons at Mississippi, saw action in 48 games from 2018-22, starting all 13 at safety in 2022, leading the Rebels in interceptions each of his final two seasons. As a senior in 2022, led the team with 46 solo tackles, helping the Rebels start the season 7-0 and ranked No. 7 in the country. As a true freshman in 2019, ranked second in the Southeastern Conference in fumble recoveries (two), appearing in all 12 games as a defensive back in a reserve role, while also contributing on special teams.

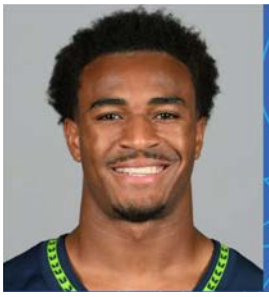
PERSONAL: Was a unanimous three-star prospect by ESPN, Rivals and 247Sports. Rated the No. 21 prospect in Alabama in 2019 class by Rivals). Registered six interceptions from the safety position as a senior. Helped lead St. Paul's Episcopal School to three-straight Alabama 5A State Championships from 2015-17. Led the Saints in rushing during his junior season, logging over 1,200 yards. Full name is Allister Edward Finley, Jr. Graduated with a bachelor's in finance in December 2022.

AJ FINLEY'S NFL REGULAR SEASON DEFENSIVE STATISTICS

			TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Chargers	12	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	1	2	1	0	0	0
2024	Chargers	10	0	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2024	Seahawks	4	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2024	TOTAL	14	0	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	2	3	0	0	0	0
NFL TOTALS		**26**	**0**	**6**	**4**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**8**	**3**	**5**	**1**	**0**	**0**	**0**

AJ FINLEY'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	2 at Denver Broncos, Oct 13, 2024 ...1 more at 2.	**Special Teams Tackles**	2 vs. New Orleans Saints, Oct 27, 2024
Solo Tackles	2 vs. Kansas City Chiefs, Sep 29, 2024	**Special Teams Forced Fumbles**	1 vs. Buffalo Bills, Dec 23, 2023



87 | WIDE RECEIVER
MONTORIE FOSTER JR.

Height: 5-11 **Weight:** 188
College: Michigan State
Season: Rookie
Born: August 3, 2001
Hometown: Cleveland, Ohio

TRANSACTIONS:

05/12/25: Signed by Seattle as a UDFA

COLLEGE: Five-year letterwinner who appeared in 54 games with 28 starts at wide receiver for Michigan State, including 24 consecutive to close his career. Finished his career with 108 receptions for 1,426 yards and eight touchdowns, ranking tied for No. 28 in school history in career catches. Led MSU in receptions in both 2023 and 2024, posting a career-best 46 catches for 588 yards and three touchdowns as a graduate senior. Recorded at least one catch in 24 straight games from 2022 to 2024. Two-time Academic All-Big Ten honoree who also contributed on special teams.

PERSONAL: Rated one of the top wide receivers in Ohio's 2020 class by 247Sports (No. 3) and ESPN.com (No. 5). Played just one season of varsity football at St. Edward High School, earning second-team All-Ohio honors with 40 catches for 634 yards and eight touchdowns. Also named first-team All-District and to the Cleveland.com All-Offensive Team. Four-year varsity basketball player who helped lead St. Edward to an 11-2 record and a regional finals appearance in 2019. Majored in kinesiology.

56 | LINEBACKER
JALAN GAINES

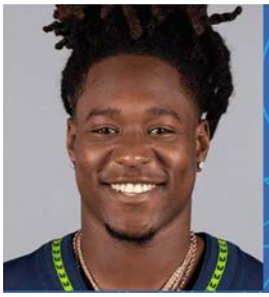
Height: 6-3	**Weight: 242**
College:	**Illinois State**
Season:	**Rookie**
Born:	**April 12, 2001**
Hometown:	**Chicago, Ill.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Began his career at the University of Dubuque, an NCAA Division III school. In the 2021 season, as a freshman on defense, Gaines appeared in 10 games, recording 21 tackles, 4.0 sacks, and nine quarterback hurries. The following three seasons at Illinois State (2022-24), Gaines totaled 112 tackles (73 solo), 10.5 sacks and five passes defensed.

PERSONAL: Attended Oak Lawn Community High School. During the 2018–19 season at OLCHS, Gaines participated in three games, recording 10 solo tackles and three tackles for loss. Majored in communication & media studies.



24 | CORNERBACK
SHAQUILL GRIFFIN

Height: 6-0	Weight: 198
College:	Central Florida
Seasons:	NFL : 9th, Seahawks 5th
Born:	July 20, 1995
Hometown:	St. Petersburg, Fla.
Pronunciation:	shuh-KEEL

PRO BOWL '19

TRANSACTIONS:

04/28/17: Drafted by Seattle (3rd round, 90th)
03/06/21: Signed by Jacksonville as a UFA
05/22/23: Signed by Houston as a UFA
11/29/23: Released by Houston
11/30/23: Signed by Carolina as a UFA
03/20/24: Signed by Minnesota as a UFA
07/02/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Played in all 17 games with Minnesota in 2024, making three starts, and recorded 41 total tackles, including one for loss, two interceptions and six passes defensed.

• Played with Houston and Carolina in 2023, starting six of the 10 games he played while with Houston, registering 33 total tackles, one interception and four passes defensed; also played three games with Carolina, including one start, six total tackles and a pass defensed.

• Was voted a team captain in his first season with Jacksonville (2021) totalling 49 total tackles (36 solo), seven passes defensed and one forced fumble started all five games he appeared in, in 2022, registering 29 total tackles, including three for loss, and four passes defensed.

• Started all 14 games played in 2019 and was named to his first Pro Bowl as an injury replacement after recording 65 tackles (45 solo) and 13 passes defensed on the season.

• Started 11 of 15 games played his rookie season and recorded his first-career interception vs. Arizona (12/31/17).

COLLEGE: In four seasons, Griffin played in 46 career games and totaled 125 tackles, 36 passes defended and seven interceptions. He also ran two picks back for touchdowns and blocked one kick as a Knight.

PERSONAL: Coached by Cory Moore at Lakewood High, which advanced to the 2012 5A regional semifinals. Received three stars from Rivals and ESPN. Ranked as the No. 57 cornerback in the nation by Rivals, and No. 104 by ESPN. Earned a spot on the 2012 class 5A all-state first team. Recorded three interceptions with 44 tackles, 12 break ups, three forced fumbles and scored five touchdowns for the Spartans in 2012. With twin brother Shaquem, started their own track club in St. Petersburg. Was born a minute before Shaquem, who he played with at Central Florida.

SHAQUILL GRIFFIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2017	Seahawks	15	11	58	50	8	2	7	1.0	5.0	1	1	0	0	0	15	0	0	0	0	1	0	1	0	0
2018	Seahawks	16	16	62	55	7	3	6	0.0	0.0	0	2	8	8	0	8	0	0	0	0	0	0	0	0	0
2019	Seahawks	14	14	65	45	20	2	2	0.0	0.0	0	0	0	0	0	13	0	0	0	0	0	0	0	0	0
2020	Seahawks	12	12	63	53	10	2	2	0.0	0.0	0	3	20	16	0	12	0	0	0	0	0	0	0	0	0
2021	Jaguars	14	14	49	36	13	0	0	0.0	0.0	2	0	0	0	0	7	1	0	0	0	0	0	0	0	0
2022	Jaguars	5	5	29	23	6	3	4	0.0	0.0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0
2023	Texans	10	6	33	24	9	0	0	0.0	0.0	0	1	0	0	0	4	0	0	0	0	0	0	0	0	0
2023	Panthers	3	1	6	5	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2023	TOTAL	13	7	39	29	10	0	0	0.0	0.0	0	1	0	0	0	5	0	0	0	0	0	0	0	0	0
2024	Vikings	17	3	41	33	8	1	2	0.0	0.0	0	2	28	28	0	6	0	0	0	0	0	0	0	0	0
NFL TOTALS		**106**	**82**	**406**	**324**	**82**	**13**	**23**	**1.0**	**5.0**	**3**	**9**	**56**	**28**	**0**	**70**	**1**	**0**	**0**	**0**	**1**	**0**	**1**	**0**	**0**

SHAQUILL GRIFFIN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	1	1	4	4	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	7	5	2	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Jaguars	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Vikings	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**5**	**4**	**13**	**11**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

SHAQUILL GRIFFIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 vs. Dallas Cowboys, Sep 27, 2020	**Tackles For Loss**	2 at Indianapolis Colts, Oct 16, 2022
Solo Tackles	11 vs. Dallas Cowboys, Sep 27, 2020	**Interceptions**	2 at Chicago Bears, Sep 17, 2018
Sacks	1.0 at Dallas Cowboys, Dec 24, 2017	**Interception Return Yards**	16 at Miami Dolphins, Oct 04, 2020
Passes Defensed	3 at Green Bay Packers, Sep 29, 2024 ...5 more at 3.	**Special Teams Tackles**	1 at Tennessee Titans, Sep 24, 2017
Forced Fumbles	1 vs. Buffalo Bills, Nov 07, 2021		

58 | LINEBACKER
DERICK HALL

Height: 6-3 | Weight: 260
College: Auburn
Seasons: NFL : 3rd, Seahawks 3rd
Born: March 19, 2001
Hometown: Gulfport, Miss.

TRANSACTIONS:

04/28/23: Drafted by Seattle (2nd round, 37th overall)

NFL CAREER HIGHLIGHTS:

• Set career highs in tackles (36), sacks (8.0), quarterback hits (20), forced fumbles (2), fumble recoveries (1), and scored his first NFL touchdown (36-yard fumble recovery at Atlanta, 10/20/24) in 2024.

• During his rookie year in 2023, posted 30 tackles (15 solo), five quarterback hits and added eight special teams tackles (5th on team).

COLLEGE: Was a two-year starter his final two seasons for the Tigers and started 31 of 47 games played in his career. Totaled 147 tackles (98 solo), 29.5 tackles for loss, 19.0 sacks and five forced fumbles. In his final season, was named first-team All-SEC by the coaches. Won the national Freddie Solomon Community Spirit Award. Posted a career-high 9.0 sacks in 2021 when he was named second-team All-SEC, and had 6.5 in 2022.

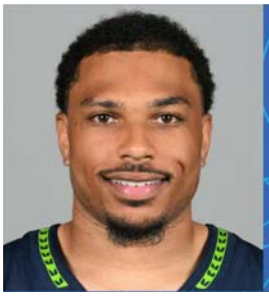
PERSONAL: Attended Gulfport High. Recorded 83 tackles as a senior for the Admirals. Played in the Under Armour All-American Game, named to the Sun-Herald All-South Mississippi first-team and rated among the top 10 prospects in the state of Mississippi. Also played basketball and was a state finalist in the 200 meters in track. Enjoys fishing and hunting. Born four months premature, and was not breathing. “He was actually born dead,” said his mother, Stacy Gooden. Was so small, he could fit in her hand. On life support for a week, had bleeding in his brain. Had severe asthma, and was hospitalized for weeks at a time. Still has smaller lungs than expected for someone his age but no longer relies on a rescue inhaler. Majored in business.

DERICK HALL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	17	0	30	15	15	3	4	0.0	0.0	5	0	0	0	0	1	0	0	0	0	8	3	5	0	0	0	0
2024	Seahawks	17	14	36	20	16	6	46	8.0	41.0	20	0	0	0	0	0	2	1	1	36	1	0	1	0	0	0	0
NFL TOTALS		**34**	**14**	**66**	**35**	**31**	**9**	**50**	**8.0**	**41.0**	**25**	**0**	**0**	**0**	**0**	**1**	**2**	**1**	**1**	**36**	**9**	**3**	**6**	**0**	**0**	**0**	**0**

DERICK HALL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. New York Giants, Oct 06, 2024	**Fumble Recoveries**	1 at Atlanta Falcons, Oct 20, 2024
Solo Tackles	4 vs. New York Giants, Oct 06, 2024	**Tackles For Loss**	1 at Chicago Bears, Dec 26, 2024
	...1 more at 4.		...8 more at 1.
Sacks	2.0 vs. Miami Dolphins, Sep 22, 2024	**Special Teams Tackles**	1 at Los Angeles Rams, Jan 05, 2025
Passes Defensed	1 vs. Carolina Panthers, Sep 24, 2023		...8 more at 1.
Forced Fumbles	1 vs. Miami Dolphins, Sep 22, 2024	**Longest Opp Fumble Return**	36 at Atlanta Falcons, Oct 20, 2024



33 | CORNERBACK
TYLER HALL

Height: 5-10 | Weight: 190
College: Wyoming
Seasons: NFL : 6th, Seahawks 2nd
Born: October 31, 1998
Hometown: Gardena, Ca

TRANSACTIONS:

04/27/20: Signed by Atlanta as a UDFA
09/05/20: Released by Atlanta
09/06/20: Signed to Atlanta's PS
09/22/20: Released by Atlanta
09/25/20: Signed to Atlanta's PS
10/13/20: Signed to active roster
08/09/21: Released by Atlanta
08/10/21: Claimed off waivers by L.A. Rams
08/31/21: Released by L.A. Rams
09/01/21: Signed to L.A. Rams PS
08/31/22: Placed on IR
09/06/22: Waived/injury settlement
10/11/22: Signed to Las Vegas PS
11/29/22: Signed to active roster
08/29/23: Released by Las Vegas
08/30/23: Signed to Las Vegas PS
10/18/23: Signed to active roster
03/20/24: Signed by Philadelphia as a FA
08/17/24: Placed on IR
08/21/24: Waived/injury settlement
09/24/24: Signed to Seattle's PS
09/27/24: Released by Seattle
10/01/24: Signed to Jacksonville's PS
12/03/24: Released by Jacksonville
12/31/24: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Signed to Seattle's practice squad in Week 18 of 2024.

• A member of the Rams’ Super Bowl LVI-winning team in 2021. Played in three regular season games and was a member of the practice squad in the postseason.

• Originally an undrafted rookie free agent signing by Atlanta in 2020. Prior to the Eagles, held stints with the Falcons (2020), Rams (2021) and Raiders (2022-23), producing 42 tackles, four passes defensed and 1.0 sack in 30 games (six starts).

COLLEGE: Played collegiately at Wyoming (2016-19), where he recorded 107 tackles (74 solo), 22 passes defensed, four interceptions, returing one for a touchdown, four forced fumbles, two kickoff return touchdowns and one fumble recovery in 43 career appearances. As a senior with the Cowboys in 2019, he finished with 37 tackles (26 solo), eight passes defensed, one interception returned for a touchdown and one forced fumble.

PERSONAL: Majored in social science during his time at Wyoming.

TYLER HALL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Falcons	9	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2021	Rams	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Raiders	7	3	20	12	8	2	13	1.0	11.0	1	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
2023	Raiders	11	3	20	16	4	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Jaguars	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**30**	**6**	**42**	**30**	**12**	**2**	**13**	**1.0**	**11.0**	**1**	**0**	**0**	**0**	**0**	**4**	**0**	**0**	**0**	**0**	**4**	**2**	**2**	**0**	**0**	**0**	**0**

TYLER HALL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Rams	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TYLER HALL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. New England Patriots, Oct 15, 2023 ...1 more at 6.	**Tackles For Loss**	1 at Pittsburgh Steelers, Dec 24, 2022 ...1 more at 1.
Solo Tackles	5 vs. New England Patriots, Oct 15, 2023	**Special Teams Tackles**	1 at Kansas City Chiefs, Dec 27, 2020 ...3 more at 1.
Passes Defensed	2 vs. San Francisco 49ers, Jan 01, 2023		

97 | DEFENSIVE TACKLE
JOHNATHAN HANKINS

Height: 6-3 | Weight: 335
College: Ohio State
Seasons: NFL : 13th, Seahawks 2nd
Born: March 30, 1992
Hometown: Dearborn Heights, Mich.

TRANSACTIONS:

04/26/13: Drafted by N.Y. Giants (2nd round, 49th overall)
11/10/15: Placed on IR (pec)
04/14/17: Signed with Indianapolis as a UFA
03/17/18: Released by Indianapolis
09/13/18: Signed with Oakland as a FA
03/14/19: Re-signed with Oakland
03/22/21: Re-signed with Las Vegas
04/04/22: Re-signed with Las Vegas
10/25/22: Traded to Dallas
12/14/22: Placed on IR (shoulder)
04/04/23: Re-signed with Dallas
03/19/24: Signed by Seattle as a UFA
05/07/25: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Hankins, who signed with the Seahawks as a free agent in 2024, is heading into his 13th season in the NFL, having come into the league as a second-round pick in 2013. He started eight games last season and appeared in all 17, recording 30 tackles, one sack, five tackles for loss and his first career interception.

• In 2021, started all 14 games he appeared in, recording 38 tackles and one pass defensed, missing three games due to injury.

• Started all 16 games for the fourth time in his career in 2020, and finished with 48 tackles, one sack and one fumble recovery.

• Started all 16 games and compiled 50 tackles, 1.5 sacks and one pass defensed in 2019.

• Started all 16 games for the second time in his career and registered 43 tackles, eight tackles for loss, 3.0 sacks, one forced fumble and one blocked field goal (2016).

• Started all 16 games in 2014 for the first time in his career, posting a career-high 51 tackles, 7.0 sacks, three passes defensed and one forced fumble.

• Recorded a career-high 2.5 sacks, also recording one forced fumble against Washington (12/14/14).

COLLEGE: Played three seasons at Ohio State, starting 25-of-38 contests and recorded 138 tackles, 5.0 sacks, 16.5 tackles for loss and one fumble recovery. As a junior in 2013, started every game for the Buckeyes and was named second-team All-American and was an All-Big Ten Conference selection after finishing with 55 tackles.

PERSONAL: Attended Southeastern High School in Dearborn Heights, Mich., where he was a two-time all-state selection and four-year starter. As a senior, led his team to an 11-1 record and division championship after posting 85 tackles and 12.0 sacks on the season. Majored in criminology at Ohio State. Married to wife, Mahsa.

JOHNATHAN HANKINS' NFL REGULAR SEASON DEFENSIVE STATISTICS

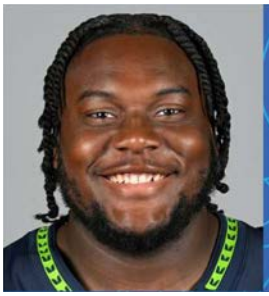
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2013	Giants	11	0	16	9	7	2	2	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Giants	16	16	51	30	21	8	37	7.0	53.0	13	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2015	Giants	9	9	30	21	9	1	0	0.0	0.0	2	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
2016	Giants	16	16	43	29	14	8	6	3.0	16.5	10	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Colts	15	15	44	24	20	4	7	2.0	3.0	5	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2018	Raiders	15	14	36	21	15	4	9	0.0	0.0	2	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2019	Raiders	16	16	50	28	22	7	13	1.5	7.5	6	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2020	Raiders	16	16	48	27	21	1	9	1.0	9.0	4	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2021	Raiders	14	14	38	15	23	1	1	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2022	Raiders	5	1	10	1	9	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	5	3	12	11	1	1	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	TOTAL	10	4	22	12	10	1	3	0.0	0.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	14	14	31	12	19	0	0	3.0	18.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	17	8	30	15	15	5	13	1.0	8.0	2	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**169**	**142**	**439**	**243**	**196**	**42**	**100**	**18.5**	**115.0**	**54**	**1**	**0**	**0**	**0**	**13**	**3**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOHNATHAN HANKINS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2016	Giants	1	1	3	2	1	1	1	1.0	1.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Raiders	1	1	3	1	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	2	0	4	3	1	0	0	1.0	9.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	1	1	4	1	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**5**	**3**	**14**	**7**	**7**	**1**	**1**	**2.0**	**10.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOHNATHAN HANKINS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 vs. Indianapolis Colts, Oct 28, 2018	**Forced Fumbles**	1 at Cleveland Browns, Nov 27, 2016
Solo Tackles	7 at Buffalo Bills, Dec 10, 2017		...2 more at 1.
Sacks	2.5 vs. Washington Redskins, Dec 14, 2014	**Fumble Recoveries**	2 vs. Cleveland Browns, Sep 30, 2018
Passes Defensed	2 at San Francisco 49ers, Oct 08, 2023	**Tackles For Loss**	3 vs. Baltimore Ravens, Oct 16, 2016
			...1 more at 3.



64 | GUARD
CHRISTIAN HAYNES

Height: 6-3 **Weight:** 317
College: Connecticut
Seasons: NFL : 2nd, Seahawks 2nd
Born: April 13, 2000
Hometown: Bowie, Md.

TRANSACTIONS:

04/26/24: Drafted by Seattle (3rd round, 81st overall)

NFL CAREER HIGHLIGHTS:

• Played in 16 games as a rookie in a reserve role at guard and special teams.

COLLEGE: Started 50 of 51 games played for Connecticut, including 49 in a row, from 2018-23, missing the 2020 season due to the COVID-19 pandemic. Was a two-year captain in a vote by his teammates. Named to the Associated Press and College Football Network All-American teams (third-team offense) following his 2023 season. Accepted an invitation to play in the 2024 Reese's Senior Bowl. Anchored a UConn offensive line that allowed just 12 sacks on the season, ranking ninth in FBS among the nation's leaders. Started all 13 games at guard in 2022. Became just the third Husky in the FBS era to earn All-American honors after being named to the Sporting News and Associated Press All-American teams. Helped lead an offensive line that fueled a rushing attack that averaged 194.9 yards per game as the Huskies went over 200-yards plus rushing in six games and three-straight to close out the regular season.

PERSONAL: Lettered three seasons at Bowie High School. Started three seasons on the offensive line. Was a two-time captain and honored as the team MVP his senior season (2017). Played in the Maryland Crab Bowl, an annual All-Star Game that showcases the best talent in the Mid-Atlantic region. Lettered in wrestling for one season. Majored in human development and family sciences, and earned his master's in sport management.

CHRISTIAN HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	16	0
NFL TOTALS		**16**	**0**

36 | RUNNING BACK
GEORGE HOLANI

Height: 5-10	Weight: 208
College:	Boise State
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	December 16, 1999
Hometown:	Bellflower, Calif.
Pronunciation:	ho-LAH-nee

TRANSACTIONS:

05/03/24: Signed by Seattle as a UDFA
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
09/14/24: Gameday Activation
09/16/24: Reverted to Seattle's PS
09/24/24: Placed on PS/IR (ankle)
11/27/24: Restored to PS
12/07/24: Gameday Activation
12/09/24: Reverted to Seattle's PS
12/14/24: Gameday Activation
12/16/24: Reverted to Seattle's PS
12/26/24: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Spent time on Seattle's practice squad a majority of the 2024 season, being elevated three times, before signing to the team's active roster. Played in five games primarily on special teams.

COLLEGE: Started 36 of 48 games played for the Broncos, and was the Mountain West Conference Freshman of the Year in 2019. Also a two-time All-Mountain West second-team selection and a three-time Academic All Mountain West selection (2021-23). Finished career with 3,596 rushing yards (fifth in program history), 685 career rushing attempts (fifth in program history). Started seven of eight games during his injury-shortened final season in 2023. Finished third in the Mountain West with 1,157 rushing yards and third with 13 total touchdowns after starting all 13 games played in 2022. Was named to the All-Mountain West second-team and Freshman of the Year in 2019 after playing in all 14 games and starting the final seven. Finished the season with 1,014 yards, scoring 10 total touchdowns on the year (seven rush, three receiving), and caught 26 passes for 206 yards.

PERSONAL: Prepped at St. John Bosco High and was a four-star recruit according to ESPN and 247Sports. Rated No. 17 nationally at his position by 247Sports, and No. 24 by ESPN. Rushed 136 times for 1,172 (8.6 avg.) yards and 18 touchdowns as a senior. Also caught 13 passes for 238 yards and seven scores. As a junior, picked up 1,152 yards and 14 touchdowns on 167 carries en route to All-CIF Southern Section Division I and first-team All-Trinity League honors.

GEORGE HOLANI'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Seahawks	5	0	3	10	3.3	8	0	1	-1	-1.0	-1	0
NFL TOTALS		**5**	**0**	**3**	**10**	**3.3**	**8**	**0**	**1**	**-1**	**-1.0**	**0**	**0**

GEORGE HOLANI'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2024	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

GEORGE HOLANI'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 vs. Green Bay Packers, Dec 15, 2024	**All-Purpose Yards**	10 vs. Green Bay Packers, Dec 15, 2024
Rushing Yards	10 vs. Green Bay Packers, Dec 15, 2024	**Scrimmage Yards**	10 vs. Green Bay Packers, Dec 15, 2024
Longest Runs	8 vs. Green Bay Packers, Dec 15, 2024		

ADDITIONAL STATS

Special Teams Tackles: 2024 (1); **Career**: 1.

GEORGE HOLANI'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos						PRACTICE SQUAD						W	26-20
09/15	at Patriots						PRACTICE SQUAD						W	23-20+
09/22	Dolphins						PRACTICE SQUAD						W	24-3
09/30	at Lions						PRACTICE SQUAD/INJURED RESERVE						L	29-42
10/06	Giants						PRACTICE SQUAD/INJURED RESERVE						L	20-29
10/10	49ers						PRACTICE SQUAD/INJURED RESERVE						L	24-36
10/20	at Falcons						PRACTICE SQUAD/INJURED RESERVE						W	34-14
10/27	Bills						PRACTICE SQUAD/INJURED RESERVE						L	10-31
11/03	Rams						PRACTICE SQUAD/INJURED RESERVE						L	20-26+
11/17	at 49ers						PRACTICE SQUAD/INJURED RESERVE						W	20-17
11/24	Cardinals						PRACTICE SQUAD/INJURED RESERVE						W	16-6
12/01	at Jets						PRACTICE SQUAD						W	26-21
12/08	at Cardinals						PRACTICE SQUAD						W	30-18
12/15	Packers	P	3	10	3.3	8	0	0	0	0.0	0	0	L	13-30
12/22	Vikings						PRACTICE SQUAD						L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**3-0**	**3**	**10**	**3.3**	**8**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

TRANSACTIONS:

04/26/25: Drafted by Seattle (5th round, 166th overall)

COLLEGE: Two-time team captain (2023-24) for Colorado State, where he spent three seasons and starting 29 of 30 games played. Started in five of the first six games of the season of 2024 before suffering a leg injury that cut his season short. Finished his career 30 yards shy of the all-time receiving record at Colorado State and 35 yards off the Mountain West record. In 2023, led the team with 96 receptions for 1,136 yards and eight touchdowns. Recorded 10 total touchdowns including one passing and one punt return touchdown. Had a season best of 227 yards and three touchdowns in a win against Utah Tech. In his first season in Forth Collins, finished with 71 catches for 1,131 and eight touchdowns. Before Colorado State, spent two seasons at Nevada where he appeared in 21 games and totaled 72 receptions for 995 yards and 10 touchdowns.

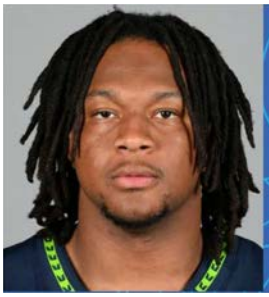
PERSONAL: Prepped at Washington Union where he was a three-sport standout in football, basketball, and baseball. Named league MVP and first team selection as a senior. Sister, Jeane, plays volleyball professionally overseas after a highly decorated, All-American career at UTEP. Brother, Tyler, was a two-time, first-team All-Mountain West cornerback at Boise State.

TORY HORTON'S COLLEGE RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Nevada	9	3	0	0	0.0	0	0	20	336	16.8	85	5
2021	Nevada	12	2	0	0	0.0	0	0	52	659	12.7	54	5
2022	Colorado St.	12	12	2	6	3.0	9	0	71	1,131	15.9	69	8
2023	Colorado St.	12	12	0	0	0.0	0	0	96	1,136	11.8	76	8
2024	Colorado St.	6	5	0	0	0.0	0	0	26	353	13.6	52	1
TOTALS		**51**	**34**	**2**	**6**	**3.0**	**9**	**0**	**265**	**3,615**	**13.6**	**85**	**27**

TORY HORTON'S COLLEGE RETURN STATISTICS

			KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Nevada	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Nevada	0	0	0.0	0	0	0	0	0	0.0	0	0
2022	Colorado St.	0	0	0.0	0	0	11	0	171	15.5	72	1
2023	Colorado St.	0	0	0.0	0	0	11	0	147	13.4	79	1
2024	Colorado St.	0	0	0.0	0	0	4	0	105	26.3	78	1
TOTALS		**0**	**0**	**0.0**	**0**	**0**	**26**	**0**	**423**	**16.3**	**79**	**3**



51 | LINEBACKER
JARED IVEY

Height: 6-6	Weight: 274
College:	Mississippi
Season:	Rookie
Born:	December 5, 2001
Hometown:	Suwanee, Ga.

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Wrapped up Ole Miss career with 125 total tackles (56 solo), 26.5 tackles for loss (153 yards), 16.0 sacks (115 yards), 17 quarterback hurries, five fumble recoveries, four pass breakups, three forced fumbles and one defensive touchdown in 38 games played and 30 starts. Finished Ole Miss career ninth in total sacks (16.0), and tied for 16th in total tackles for loss (26.5). Played in 12 games and started in 11 for the Rebels, helped anchor the best rush defense in the nation and one of the best defenses in Ole Miss history. Contributed to team school records in sacks (52) and tackles for loss (120), which both led the nation. Named third-team All-SEC in 2024 and first-team All-SEC and was the Peach Bowl Defensive MVP in 2023. Played in all 13 games with 12 starts as a key member of Mississippi's defensive line. Led team with 11.5 tackles for loss and tied for team lead with 5.5 sacks. Combined with his time at Georgia Tech, owns a total career line of 165 tackles (80 solo), 33.5 tackles for loss, 17.5 sacks, 22 quarterback hurries, five passes defensed, five fumble recoveries, four forced fumbles and one defensive touchdown in 58 games played and 43 starts.

PERSONAL: Played three positions in high school for Loreauville; quarterback, wide receiver and free safety. Was the lead-off hitter on baseball team, playing the outfield and helped his team to the Class 2A state title as a sophomore. Graduated from LSU in December of 2024 with a degree in sport administration.

46 | LINEBACKER
D'ERYK JACKSON

Height: 6-1	Weight: 237
College:	Kentucky
Season:	Rookie
Born:	February 27, 2002
Hometown:	Dublin, Ga.

TRANSACTIONS:

05/12/25: Signed by Seattle as a UDFA

COLLEGE: Played in 47 games with 31 starts at linebacker for Kentucky, recording 216 career tackles, 17 tackles for loss, 9.0 sacks, five interceptions, and nine pass breakups. Led thw Wildcats in tackles in both 2022 and 2023 and logged at least one interception in four different seasons. Named to the Butkus Award and Reese's Senior Bowl Watch Lists in 2024. Earned All-SEC honors from PFF in 2023 after posting 89 tackles, 8.5 TFLs, two sacks, two interceptions (one pick-six), and a forced fumble. Academic standout and three-time SEC Academic Honor Roll selection.

PERSONAL: Three-time All-Region 2AAAA selection and led West Laurens in tackles for three consecutive seasons. As a senior, tallied 129 tackles, 12 tackles for loss, nine sacks, four quarterback hurries, and an interception. Named West Laurens Defensive Player of the Year as a junior after recording 96 tackles, 14 TFLs, and four sacks. Two-time Georgia Athletic Coaches Association Junior All-Star and helped lead the Raiders to the Region 2AAAA championship. Played basketball as a power forward. Born in Dublin, Georgia to parents Shamika and Eric Jackson. Has one sister, Dezhune. Graduated in December 2023 with a degree in communications and earned an undergraduate certificate in leadership studies in December 2024.

34 | CORNERBACK
SHEMAR JEAN-CHARLES

Height: 5-10	Weight: 184
College:	Appalachian State
Seasons:	NFL : 5th, Seahawks 1st
Born:	June 20, 1998
Hometown:	Miramar, Fla.

TRANSACTIONS:

05/01/21: Drafted by Green Bay (5th round, 178th overall)
08/29/23: Released by Green Bay
08/31/23: Signed to San Francisco's PS
11/11/23: Signed to active roster
11/23/23: Released by San Francisco
11/29/23: Signed to New Orleans PS
01/04/24: Signed to active roster
04/15/24: Re-signed by New Orleans
08/27/24: Released by New Orleans
09/11/24: Signed to New Orleans PS
10/15/24: Released by New Orleans
10/22/24: Signed to New Orleans PS
11/02/24: Signed to active roster
03/19/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- Has played in 28 career games, recording three solo tackles and 12 special teams stops.
- Played in eight games total (five in San Francisco, three in New Orleans) in 2023, recording one solo tackle and three special teams stops, all with the 49ers.

• Played 14 regular season games for Green Bay and posted two solo defensive tackles and six special teams stops in 2021.

COLLEGE: Played in 50 games with 25 starts for Appalachian State, registering 97 tackles, 33 passes defensed, two interceptions and two forced fumbles. Started all 12 games at corner in 2020 and led the nation with 17 passes defensed. Also registered 37 tackles (24 solo), a forced fumble and an interception. Named a first-team All-American by the Walter Camp Football Foundation and second-team All-American by The Sporting News and PFF College. Earned first team All-Sun Belt honors, was named PFF's Sun Belt Player of the Year and was a semifinalist for the Bednarik Award (nation's top defender) and the Thorpe Award (nation's top defensive back). Named ESPN's No. 3 breakout player in 2020. According to PFF, recorded a higher forced-incompletion rate (34.6 pct.) than catch rate allowed (32.7 pct.). Targeted 35 times in single coverage and allowed only five catches while forcing 18 incompletions, according to PFF. Part of the only FBS team that allowed its opponents to complete less than 50 percent of its passes (47.9 pct.). In 2019, appeared in all 14 games and made 13 starts at corner. Named third-team All-Sun Belt by PFF College. He tied for eighth on team with career-high 45 tackles (30 solo) and was No. 2 on team with 10 passes defensed (tied for tenth in the SBC), also recording a forced fumble, an interception and a stop for loss. Tallied multiple passes defensed in three games.

PERSONAL: Named second-team All-Broward County by the Miami Herald as a senior at Miramar (Fla.) High. Selected to represent Broward County in the 2015 Dade vs. Broward All-Star game. Was part of the Appalachian State Black Student Athletes Association and the Unity Council. Graduated with a degree in business marketing and business management.

SHEMAR JEAN-CHARLES' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Packers	14	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	6	3	3	0	0	0	0
2022	Packers	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
2024	Saints	9	2	10	5	5	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	4	1	3	0	0	0	0
2024	49ers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	9	2	10	5	5	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	4	1	3	0	0	0	0
NFL TOTALS		**29**	**2**	**12**	**7**	**5**	**0**	**0**	**0.0**	**0.0**	**0**	**1**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**13**	**6**	**7**	**0**	**0**	**0**	**0**

SHEMAR JEAN-CHARLES' NFL POSTSEASON DEFENSIVE STATISTICS

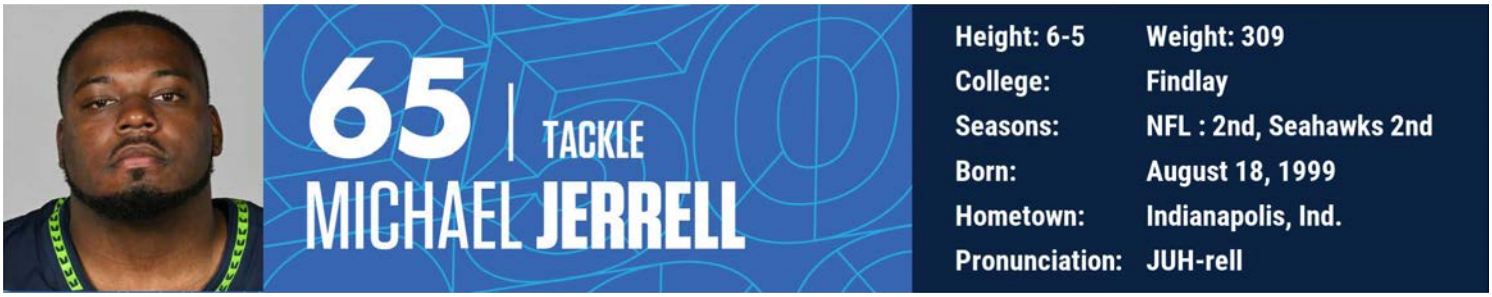
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Packers	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	49ers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

SHEMAR JEAN-CHARLES' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 at Jacksonville Jaguars, Nov 12, 2023
...2 more at 1.

Solo Tackles 1 at Jacksonville Jaguars, Nov 12, 2023
...2 more at 1.

Special Teams Tackles 2 at Cleveland Browns, Oct 15, 2023



TRANSACTIONS:

04/27/24: Drafted by Seattle (6th round, 207th overall)

NFL CAREER HIGHLIGHTS:

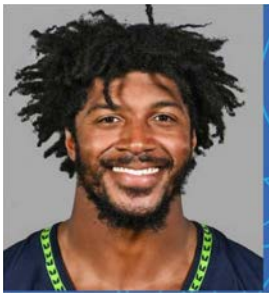
• Started three of 10 games played at right tackle during his rookie season in 2024.

COLLEGE: Started 40 of 48 games played during his six years at the University of Findlay (2018-23). Named honorable mention All-American by the Don Hansen Football Gazette. Earned first-team All-Super Region 1 by the D2CCA and was the Great Midwest Athletic Conference Offensive Lineman of the Year. Ended career with 40 consecutive starts and appeared in 48 games, second-most by an offensive lineman in program history. Blocked for an offense that scored 28.2 points per game and picked up 177 rushing yards per game. Was part of an o-line that allowed just 17 sacks on the year, the third-fewest in the GMAC, and was a three-time All-GMAC selection (2021-23).

PERSONAL: Attended Pike High School. Named All-Metropolitan Interscholastic Conference (MIC), all-county, and All-Indiana his senior year. Also helped high school basketball team to two Marion County championships.

MICHAEL JERRELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	10	3
NFL TOTALS		**10**	**3**



29 | CORNERBACK
JOSH JOBE

Height: 5-11 **Weight:** 190
College: Alabama
Seasons: NFL : 4th, Seahawks 2nd
Born: April 9, 1998
Hometown: Miami, Fla.

TRANSACTIONS:

05/06/22: Signed by Philadelphia as a UDFA
08/27/24: Released by Philadelphia
08/29/24: Signed to Seattle's PS
10/19/24: Gameday activation
10/21/24: Reverted to Seattle's PS
10/26/24: Gameday activation
10/28/24: Reverted to Seattle's PS
11/02/24: Gameday activation
11/04/24: Reverted to Seattle's PS
11/11/24: Signed to active roster
01/04/25: Placed on IR (knee)
03/06/25: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Made a career-high six starts in 2024, in 10 games played, and recorded his first-career interception off Josh Allen. It was Allen's first interception in his previous 301 pass attempts. Also recorded a career-high seven passes defensed.

• Recorded 16 tackles (14 solo) and four passes defensed in 17 games, with three starts, in 2023. Played in a team-high 323 special teams snaps while ranking second on the Eagles in special teams tackles (6).

• A member of the Eagles' Super Bowl LVII roster in 2022.

COLLEGE: Played four seasons at Alabama (2018-21), recording 129 tackles (95 solo), 19 passes defensed, three interceptions, 2.0 sacks, two forced fumbles and one fumble recovery in 51 career games. Helped the Crimson Tide clinch the SEC Championship during his senior season in 2021. Contributed to Alabama's CFP National Championship-winning campaign as a junior in 2020, recording career highs with 55 tackles (39 solo), 11 passes defensed, 2.0 sacks and two forced fumbles en route to Pro Football Focus honorable mention All-America accolades.

PERSONAL: Grew up in Miami, Fla., where he originally attended Christopher Columbus High School. Moved to Connecticut prior to his senior year and played his final season at Cheshire Academy.

JOSH JOBE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Eagles	11	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2023	Eagles	17	3	16	14	2	0	0	0.0	0.0	0	0	0	0	0	4	0	0	0	0	6	6	0	1	0	0	0
2024	Seahawks	10	6	37	29	8	0	0	0.0	0.0	0	1	33	33	0	7	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**38**	**9**	**53**	**43**	**10**	**0**	**0**	**0.0**	**0.0**	**0**	**1**	**33**	**33**	**0**	**11**	**0**	**0**	**0**	**0**	**7**	**6**	**1**	**1**	**0**	**0**	**0**

JOSH JOBE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Eagles	3	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Eagles	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**4**	**0**	**1**	**1**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOSH JOBE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. Minnesota Vikings, Dec 22, 2024 ...1 more at 7.	**Passes Defensed**	2 at Atlanta Falcons, Oct 20, 2024 ...1 more at 2.
Solo Tackles	7 vs. Minnesota Vikings, Dec 22, 2024	**Interceptions**	1 vs. Buffalo Bills, Oct 27, 2024

74 | GUARD/TACKLE
JOSH JONES

Height: 6-7	Weight: 339
College:	Houston
Seasons:	NFL : 6th, Seahawks 1st
Born:	June 22, 1997
Hometown:	Richmond, Texas

TRANSACTIONS:

04/24/20: Drafted by Arizona (3rd round, 72nd overall)
08/24/23: Traded to Houston
03/13/24: Signed by Baltimore as a UFA
03/12/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• In 2024, he saw action in 16 games for Baltimore, mostly on special teams, but also saw time blocking for an offense that ranked No. 1 in the NFL in yards per game (424.9), yards per play (6.8 – third-best single-season mark in NFL history), red zone efficiency (74.2%) and No. 3 in points per game (30.5), while setting a franchise single-season record with 7,224 net yards.

• Appeared in 13 games (three starts) with the Texans in 2023, while also seeing action in both playoff contests. He protected on a line that helped rookie QB C.J. Stroud finish the regular season as the NFL's leader in passing yards per game (273.9) and touchdowns-to-interception ratio (4.60). Helped the offense post the fewest giveaways in the league (14) and tally the second-most pass plays over 25 yards (41). Also saw snaps on special teams, helping the unit finish first in Rick Gosselin's NFL Special Teams Rankings for the second consecutive season.

• Saw time in all 17 games (nine starts at left tackle) with the Cardinals in 2022 and started nine of the last 10 contests of the season. He played in the Cardinals 29-23 overtime victory at Las Vegas marking the franchise's first-ever win after trailing by 20-plus points.

• In 2020, Jones played in 13 games on offense and special teams during his rookie campaign with the Cardinals. He helped the offensive unit finish Top 10 in total offense (384.6, 6th NFL), rushing yards per game (139.8, 7th NFL), rushing touchdowns (22, 4th NFL) and offensive touchdowns (49, 10th NFL). He blocked for a unit that posted 6,153 yards of total offense and 410 points (third and fifth-most, respectfully, in franchise history) and made his NFL debut in Week 2 vs. Washington.

COLLEGE: Started all 45 games he appeared in at left tackle for Houston (2016-19), earning American Athletic second-team all-conference honors in 2019. Was named a team captain as a senior. Jones allowed just 18 pressures while playing 1,282 pass-blocking snaps in his final three seasons.

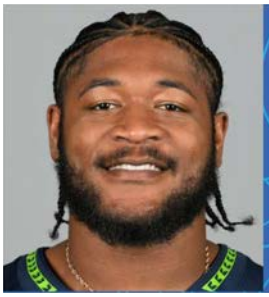
PERSONAL: Graduated with a degree in kinesiology fitness and sport from the University of Houston. He has a tattoo of the Houston Astros logo, his favorite baseball team. He is an avid movie fan and would be a film editor or cameraman if he worked in the film industry. His favorite movies are Inception and Friday Night Lights.

JOSH JONES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Cardinals	13	0
2021	Cardinals	17	12
2022	Cardinals	17	9
2023	Texans	13	3
2024	Ravens	16	0
NFL TOTALS		**76**	**24**

JOSH JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2021	Cardinals	1	0
2023	Texans	2	0
2024	Ravens	2	0
NFL TOTALS		**5**	**0**



13 | LINEBACKER
ERNEST JONES IV

Height: 6-2	Weight: 233
College:	South Carolina
Seasons:	NFL : 5th, Seahawks 2nd
Born:	November 22, 1999
Hometown:	Waycross, Ga.

TRANSACTIONS:

04/30/21: Drafted by L.A. Rams (3rd round, 103rd overall)
12/28/21: Placed on IR (ankle)
08/27/24: Traded to Tennessee
10/24/24: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• After being acquired in a midseason trade, played in 10 games with Seattle in 2024, leading, or tying, for the team in tackles seven times. Also played six games for Tennessee, and posted 100 tackles for the third-consecutive season.

• In his first start for the Seahawks vs. Buffalo (10/27/24), tied career-high with 15 tackles.

• Jones spent his first three seasons with the L.A. Rams (2021-23) before being traded to Tennessee prior to the 2024 season. Before joining Seattle

he played in 52 games with 38 starts, collecting 360 tackles (201 solo), 5.5 sacks, three interceptions, 14 passes defensed and one forced fumble.

• Posted back-to-back 100-plus tackles in 2022 and 2023, including a career-high 4.5 sacks in 2023.

• Set the Rams single-season franchise record with 145 tackles in 2023.

COLLEGE: In three seasons at South Carolina (2018-20), became a Butkus Award semifinalist after recording 199 tackles in just 26 career games. He made 21 starts with 10.5 tackles for loss, a pair of sacks, two interceptions, five passes defensed, six quarterback hurries, three forced fumbles and two fumble recoveries. As a junior in 2020, Jones played middle linebacker and was the vocal leader of the defense at South Carolina. He was named one of four team captains and earned fourth-team All-SEC honors from Phil Steele. He started each of the first nine games and led the team in tackles for the second- consecutive year with 86 stops. He notched a career-best 19 tackles at LSU, the most tackles in a game by a Gamecock since Roy Hart had 19 stops at Nebraska in 1987.

PERSONAL: Jones graduated from Ware County High School in December of 2017 where he logged 112 total tackles (70 solo) and six tackles for loss as a senior for the Gators. He also accounted for 2.0 sacks, three forced fumbles and five quarterback hurries in his final campaign. Jones was a first-team all-state Class AAAAA selection and was the 59th-ranked outside linebacker prospect in the country and 84th-best overall prospect in Georgia, according to 247 Sports national composite rankings. He was named to the PrepStar All-Southeast Region team. Majored in public health.

ERNEST JONES IV'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Rams	15	7	58	33	25	1	1	1.0	4.0	3	2	50	31	0	4	0	0	0	0	3	3	0	0	0	0	0
2022	Rams	17	11	113	65	48	4	14	0.0	0.0	1	1	0	0	0	2	1	0	0	0	1	1	0	0	0	0	0
2023	Rams	15	15	145	74	71	14	35	4.5	19.5	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0
2024	Titans	6	5	44	29	15	3	4	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	10	10	92	49	43	1	2	0.5	3.5	2	1	12	12	0	2	1	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	16	15	136	78	58	4	6	0.5	3.5	3	1	12	12	0	4	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**63**	**48**	**452**	**250**	**202**	**23**	**56**	**6.0**	**27.0**	**13**	**4**	**62**	**31**	**0**	**16**	**2**	**0**	**0**	**0**	**4**	**4**	**0**	**0**	**0**	**0**	**0**

ERNEST JONES IV'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Rams	2	1	9	6	3	2	10	1.0	7.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Rams	1	1	9	4	5	1	6	2.0	21.0	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**2**	**18**	**10**	**8**	**3**	**16**	**3.0**	**28.0**	**5**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ERNEST JONES IV'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	15 vs. Buffalo Bills, Oct 27, 2024 ...2 more at 15.	**Tackles For Loss**	3 vs. Philadelphia Eagles, Oct 08, 2023 ...1 more at 3.
Solo Tackles	10 vs. Green Bay Packers, Sep 22, 2024 ...1 more at 10.	**Interceptions**	1 at Arizona Cardinals, Dec 08, 2024 ...3 more at 1.
Sacks	0.5 vs. Jacksonville Jaguars, Dec 05, 2021 ...1 more at 0.5.	**Interception Return Yards**	31 at Arizona Cardinals, Dec 13, 2021
Passes Defensed	2 vs. New Orleans Saints, Dec 21, 2023	**Special Teams Tackles**	1 vs. Detroit Lions, Oct 24, 2021 ...2 more at 1.
Forced Fumbles	1 vs. Green Bay Packers, Dec 15, 2024 ...1 more at 1.		

89 | TIGHT END
NICK KALLERUP

Height: 6-5 **Weight:** 266
College: Minnesota
Season: Rookie
Born: March 27, 2001
Hometown: Wayzata, Minn.

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Saw time in 39 games in his six-year career for the Gophers. Played in all 13 games with seven starts during his senior season. Recorded nine catches for 117 yards. Blocked for an offense that averaged 26.2 points per game, one that rushed for 115.6 yards per game and threw for 222.2 yards per game. A five-time Academic All-Big 10 selection (2020-24).

PERSONAL: Attended Wayzata High School. As a senior, made 34 receptions for 647 yards and scored seven touchdowns. Named first-team USA Today all-state, first-team all-conference, first-team KARE 11 All-Metro and Star Tribune All-Metro first-team. As a junior, started nine game at offensive tackle.

79 | TACKLE
AMARI KIGHT

Height: 6-6	**Weight: 299**
College:	**Central Florida**
Season:	**Rookie**
Born:	**December 21, 2000**
Hometown:	**Birmingham, Ala.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Started all 12 games played at right tackle for the Knights in 2024. In his first season at Central Florida, helped the Knights rank fourth nationally in rushing offense (228.2 ypg) and eighth in total offense (487.0 ypg). Spent first four seasons of college career at Alabama (2019-22), primarily in a backup role.

PERSONAL: Consensus four-star offensive tackle and one of top players in Alabama at Thompson High School. Rated the no. 8 offensive tackle and No. 30 player in the nation by ESPN, and listed as fourth-ranked player in Alabama by ESPN.com. Selected to play in Under Armour All-America Game following his senior season. Anchored the offensive line at Thompson to help the Warriors finish runner-up as senior in the 2018 Alabama Class 7A playoffs.

48 | LINEBACKER
TYRICE KNIGHT

Height: 6-0	Weight: 233
College:	Texas-El Paso
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	December 20, 1999
Hometown:	Lakeland, Fla.
Pronunciation:	TY-rees

TRANSACTIONS:

04/27/24: Drafted by Seattle (4th round, 118th overall)

NFL CAREER HIGHLIGHTS:

• Took over starting duties mid-way through the 2024 season. Led the team in tackles on three occasions and tallied a career-high 12 at Arizona (12/8/24).

COLLEGE: Started 43 of 45 games over his four seasons at UTEP (2020-23), earning first-team Conference USA honors in 2023 and second-team Conference USA honors in 2022. Led the conference with a career-high 140 tackles, 4.5 sacks, 15 tackles for loss and seven passes defensed during that 2023 campaign. Started all 12 games at linebacker in 2022 and tied for the team lead with 95 total tackles. Added 6.5 tackles for loss, one sack, one interception, five passes defensed, and a fumble recovery returned for a 13-yard touchdown. Spent the 2018-19 seasons at Independence Community College. Played in 10 games for the Pirates in 2019, while ranking second on the team with 58 total tackles.

PERSONAL: Graduated from Lake Gibson High in 2018. Earned all-state honors during his prep days with the Braves. Recorded 200 tackles, 10 tackles for loss, two interceptions, and forced three fumbles in his high school career.

TYRICE KNIGHT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Seahawks	16	9	87	42	45	3	11	1.5	9.5	4	0	0	0	0	2	0	1	0	-2	0	0	0	0	0	0	0
NFL TOTALS		**16**	**9**	**87**	**42**	**45**	**3**	**11**	**1.5**	**9.5**	**4**	**0**	**0**	**0**	**0**	**2**	**0**	**1**	**0**	**-2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TYRICE KNIGHT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Arizona Cardinals, Dec 08, 2024	**Passes Defensed**	2 at Arizona Cardinals, Dec 08, 2024
Solo Tackles	7 at Detroit Lions, Sep 30, 2024	**Fumble Recoveries**	1 at New York Jets, Dec 01, 2024
Sacks	1.0 vs. Arizona Cardinals, Nov 24, 2024	**Tackles For Loss**	1 at Arizona Cardinals, Dec 08, 2024
			...2 more at 1.

10 | WIDE RECEIVER
COOPER KUPP

Height: 6-2	Weight: 207
College:	Eastern Washington
Seasons:	NFL : 9th, Seahawks 1st
Born:	June 15, 1993
Hometown:	Yakima, Wash.

AP 1ST TEAM '21 | OFFENSIVE PLAYER OF THE YEAR '21 | PRO BOWL '21 | '21 | MVP '21

TRANSACTIONS:

04/28/17: Drafted by L.A. Rams (3rd round, 69th overall)
11/19/18: Placed on IR (knee)
09/12/20: Re-signed by L.A. Rams
03/16/21: Re-signed by L.A. Rams
06/09/22: Re-signed by L.A. Rams
11/17/22: Placed on IR (ankle)
06/13/23: Re-signed by L.A. Rams
09/09/23: Placed on IR (hamstring)
10/07/23: Activated from reserve
03/12/25: Released by L.A. Rams
03/18/25: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Tallied 67 receptions for 710 yards and six touchdowns in 2024. He became the first player in NFL history to record 600-plus receptions, 7,500-plus receiving yards and 50-plus touchdown receptions in a player's first 100 career games. In Week 13, Kupp recorded the most receptions (625) in a player's first 100 games. He also climbed to third in Rams history in receiving touchdowns (57) and receptions (634) in franchise history. Ranks second in Rams history with eight games of 100 yards and at least two touchdowns, third with 36 100-yard games and fourth with 7,776 yards.

• Named the Rams nominee for the Walter Payton NFL Man of the Year Award in 2023.

• During the Rams Super Bowl-winning season in 2021, became the fourth player in NFL history (Jerry Rice, Sterling Sharpe, Steve Smith) to win the Receiving Triple Crown, as he led the league with 145 receptions, 1,947 yards and 16 touchdowns. His reception and yardage totals rank second in NFL history for a single-season.

• His eight-catch, 92-yard and two-touchdown performance in Super Bowl LVI vs. Cincinnati, including the game-winning touchdown late in the fourth quarter, earned him Super Bowl LVI MVP honors. He also earned AP first-team All-Pro, Pro Bowl and AP Offensive Player of the Year honors in 2021. In the Rams' four postseason wins in 2021, he set a postseason record in receptions (33) for 478 yards and six touchdowns. His postseason receiving yards rank second behind Larry Fitzgerald when he recorded 564 receiving yards and seven touchdowns in 2018.

• Led the Rams in receptions (94) and was second in receiving yards (1,161) in 2019. His 2019 campaign marked his first regular season with over 1,000 receiving yards.

• Led the Rams in receiving yards (869) and ranked second in receptions (62) in his rookie season of 2017.

HONORS: 2021: Super Bowl LVI MVP, AP All-Pro (first-team), AP Offensive Player of the Year, NFC Pro Bowl; 2017: PFWA All-Rookie Team.

COLLEGE: Was a consensus FCS All-American for four-straight seasons and earned First-Team All-America honors on all eight 2016 teams announced. He had a total of 30 All-America honors in four seasons (all first-team, including nine in 2013, six in 2014, seven in 2015 and eight in 2016). He earned 14 different national player of the year accolades and was a three-time Academic All-America selection. In 2016, Kupp became the first wide receiver and just the fourth player overall in the 54-year history of the Big Sky Conference to earn First-Team All-Big Sky honors four seasons. In 2015, Kupp became only the second wide receiver in 42 years to capture the Big Sky Conference Offensive MVP Award, then became one of only 10 repeat winners in league history in 2016. Kupp was also a two-time team co-captain, honored four times on the Big Sky Conference All-Academic team and was twice selected as an Academic All-Star by the FCS Athletic Director's Association. He was honored as Big Sky Conference Player of the Week six times in his career – four times on offense and twice on special teams. He established 15 FCS, 11 Big Sky and 26 EWU records in his illustrious 52-game Eastern career (all as a starter), and added a collegiate all-division mark. His 6,464 yards, 428 receptions, 73 touchdown catches, 124.3 average yards per game and 1.40 average touchdowns per game were all FCS records

PERSONAL: Attended Davis High School where he was a two-way all-state selection and earned First-Team 4A All-State honors as a defensive back and honorable mention accolades as a wide receiver from the Associated Press. Kupp finished his senior season with 60 receptions for 1,059 yards (17.7 avg.) and 18 touchdowns. He scored 22 total touchdowns to set a school record. His parents are Craig and Karin Kupp, who were both inducted into the Pacific Lutheran University Hall of Fame in 2003. His father was a fifth-round draft pick by the New York Giants in 1990 and played in 1991 for the Phoenix Cardinals and the Dallas Cowboys. His grandfather, Jake Kupp, was an offensive lineman for the University of Washington and was drafted by the Dallas Cowboys in the 1964 NFL Draft and played from 1964-75 with stints with the Washington, New Orleans Saints and Atlanta Falcons. He was named to the NFL All-Rookie team and was inducted into the New Orleans Saints Hall of Fame in 1991. Cooper earned his bachelor's degree in economics. He and his wife, Anna, have three sons.

COOPER KUPP'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	15	6	62	869	14.0	64	5	0	0	0.0	0	0
2018	Rams	8	8	40	566	14.2	70t	6	4	25	6.3	12	0
2019	Rams	16	14	94	1,161	12.4	66	10	2	4	2.0	6	0
2020	Rams	15	12	92	974	10.6	55t	3	4	33	8.3	16	0
2021	Rams	17	17	145	1,947	13.4	59	16	4	18	4.5	18	0
2022	Rams	9	9	75	812	10.8	75t	6	9	52	5.8	20t	1
2023	Rams	12	12	59	737	12.5	62t	5	1	-3	-3.0	-3	0
2024	Rams	12	11	67	710	10.6	69t	6	2	10	5.0	9	0
NFL TOTALS		**104**	**89**	**634**	**7,776**	**12.3**	**75T**	**57**	**26**	**139**	**5.3**	**20T**	**1**

COOPER KUPP'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	1	0	8	69	8.6	15	1	0	0	0.0	0	0
2018	Rams	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Rams	1	1	4	78	19.5	44	0	0	0	0.0	0	0
2021	Rams	4	4	33	478	14.5	70t	6	2	5	2.5	7	0
2023	Rams	1	1	5	27	5.4	7	0	0	0	0.0	0	0
2024	Rams	2	1	6	90	15.0	30	0	0	0	0.0	0	0
NFL TOTALS		**9**	**7**	**56**	**742**	**13.3**	**70T**	**7**	**2**	**5**	**2.5**	**7**	**0**

COOPER KUPP'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 at Tampa Bay Buccaneers, Nov 06, 2022	**Kickoff Return Yards**	12 at Seattle Seahawks, Oct 07, 2021
Rushing Yards	20 at Arizona Cardinals, Sep 25, 2022	**Longest Kickoff Return**	12 at Seattle Seahawks, Oct 07, 2021
Longest Runs	20t at Arizona Cardinals, Sep 25, 2022	**Fair Catches**	4 vs. Dallas Cowboys, Sep 13, 2020
Rushing TDs	1 at Arizona Cardinals, Sep 25, 2022	**Punt Return Yards**	20 at Washington Football Team, Oct 11, 2020
Receptions	14 at San Francisco 49ers, Oct 03, 2022	**Longest Punt Return**	10 at Washington Football Team, Oct 11, 2020
Receiving Yards	220 vs. Cincinnati Bengals, Oct 27, 2019	**Punt Returns**	4 at Washington Football Team, Oct 11, 2020
Receiving Average	31.4 vs. Cincinnati Bengals, Oct 27, 2019	**Punt Return Average**	5.0 at Washington Football Team, Oct 11, 2020
Longest Receptions	75t vs. Dallas Cowboys, Oct 09, 2022	**Most TDs**	2 vs. Atlanta Falcons, Sep 18, 2022
Receiving TDs	2 vs. Atlanta Falcons, Sep 18, 2022		...7 more at 2.
	...7 more at 2.	**Miscellaneous Tackles**	2 vs. Seattle Seahawks, Oct 08, 2017
All-Purpose Yards	220 vs. Cincinnati Bengals, Oct 27, 2019	**Longest Own Fumble Return**	7 at Tampa Bay Buccaneers, Nov 06, 2022
Kickoff Returns	1 at Houston Texans, Oct 31, 2021	**Scrimmage Yards**	220 vs. Cincinnati Bengals, Oct 27, 2019
	...1 more at 1.		

COOPER KUPP'S 100-YARD RECEIVING GAMES (34): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/27/19	BENGALS	7	220	31.4	65t	1
09/19/21	at Colts	9	163	18.1	44	2
09/27/18	VIKINGS	9	162	18.0	70t	2
10/24/21	LIONS	10	156	15.6	59	2
10/15/23	CARDINALS	7	148	21.1	49	1
11/23/20	at Buccaneers	11	145	13.2	37	0
12/21/21	SEAHAWKS	9	136	15.1	42	2
10/17/21	at Giants	9	130	14.4	30	2
12/05/21	JAGUARS	8	129	16.1	43	1
09/08/22	BILLS	13	128	9.8	28	1
11/06/22	at Buccaneers	8	127	15.9	69t	1
10/09/22	COWBOYS	7	125	17.9	75t	1
12/13/21	at Cardinals	13	123	9.5	44	1
11/15/21	at 49ers	11	122	11.1	29	0
10/03/22	at 49ers	14	122	8.7	18	0
09/29/19	BUCCANEERS	9	121	13.4	29t	1
09/15/19	SAINTS	5	120	24.0	66	0
10/08/23	EAGLES	8	118	14.8	39	0
01/09/22	49ERS	7	118	16.9	46	1
12/10/17	EAGLES	5	118	23.6	64	1
10/03/19	at Seahawks	9	117	13.0	26	1
11/26/17	SAINTS	8	116	14.5	53	0
10/31/21	at Texans	7	115	16.4	52	1
12/10/23	at Ravens	8	115	14.4	34	1
12/17/23	COMMANDERS	8	111	13.9	62t	1
09/08/24	at Lions	14	110	7.9	21	1
11/01/20	at Dolphins	11	110	10.0	22	0
12/26/21	at Vikings	10	109	10.9	37	0
09/12/21	BEARS	7	108	15.4	56t	1
09/18/22	FALCONS	11	108	9.8	20	2
09/27/20	at Bills	9	107	11.9	20	1
11/17/24	at Patriots	6	106	17.7	69t	2
11/03/24	at Seahawks	11	104	9.5	23	0
09/22/19	at Browns	11	101	9.2	22	2

COOPER KUPP'S 100-YARD RECEIVING GAMES (2): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/23/22	at Buccaneers	9	183	20.3	70t	1
01/30/22	49ERS	11	142	12.9	25	2

COOPER KUPP'S 2024 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Lions	S	14	110	7.9	21	1	2	10	5.0	9	0	L	20-26+
09/15	at Cardinals	S	4	37	9.3	24	0	0	0	0.0	0	0	L	10-41
09/22	49ers					ON INACTIVE LIST							W	27-24
09/29	at Bears					ON INACTIVE LIST							L	18-24
10/06	Packers					ON INACTIVE LIST							L	19-24
10/20	Raiders					ON INACTIVE LIST							W	20-15
10/24	Vikings	S	5	51	10.2	27	1	0	0	0.0	0	0	W	30-20
11/03	at Seahawks	S	11	104	9.5	23	0	0	0	0.0	0	0	W	26-20+
11/11	Dolphins	P	7	80	11.4	19	0	0	0	0.0	0	0	L	15-23
11/17	at Patriots	S	6	106	17.7	69t	2	0	0	0.0	0	0	W	28-22
11/24	Eagles	S	8	60	7.5	27t	1	0	0	0.0	0	0	L	20-37
12/01	at Saints	S	3	17	5.7	7	0	0	0	0.0	0	0	W	21-14
12/08	Bills	S	5	92	18.4	37	1	0	0	0.0	0	0	W	44-42
12/12	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	12-6
12/22	at Jets	S	3	24	8.0	12	0	0	0	0.0	0	0	W	19-9
12/28	Cardinals	S	1	29	29.0	29	0	0	0	0.0	0	0	W	13-9
01/05	Seahawks					ON INACTIVE LIST							L	25-30
2024 TOTALS		**12-11**	**67**	**710**	**10.6**	**69T**	**6**	**2**	**10**	**5.0**	**9**	**0**	**10-7**	

+ - Overtime

COOPER KUPP'S 2023 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Seahawks						DID NOT PLAY						W	30-13
09/17	49ers						DID NOT PLAY						L	23-30
09/25	at Bengals						INJURED RESERVE						L	16-19
10/01	at Colts						INJURED RESERVE						W	29-23+
10/08	Eagles						INJURED RESERVE						L	14-23
10/15	Cardinals						INJURED RESERVE						W	26-9
10/22	Steelers						INJURED RESERVE						L	17-24
10/29	at Cowboys						INJURED RESERVE						L	20-43
11/05	at Packers						INJURED RESERVE						L	3-20
11/19	Seahawks						INJURED RESERVE						W	17-16
11/26	at Cardinals						INJURED RESERVE						W	37-14
12/03	Browns						INJURED RESERVE						W	36-19
12/10	at Ravens						INJURED RESERVE						L	31-37+
12/17	Commanders						INJURED RESERVE						W	28-20
12/21	Saints	S	6	52	8.7	12	0	1	-3	-3.0	-3	0	W	30-22
12/31	at Giants	S	4	27	6.8	8	1	0	0	0.0	0	0	W	26-25
01/07	at 49ers						ON INACTIVE LIST						W	21-20
2023 TOTALS		**2-2**	**10**	**79**	**7.9**	**12**	**1**	**1**	**-3**	**-3.0**	**-3**	**0**	**10-7**	

+ - Overtime

COOPER KUPP'S 2022 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bills	S	13	128	9.8	28	1	0	0	0.0	0	0	L	10-31
09/18	Falcons	S	11	108	9.8	20	2	0	0	0.0	0	0	W	31-27
09/25	at Cardinals	S	4	44	11.0	14	0	1	20	20.0	20t	1	W	20-12
10/03	at 49ers	S	14	122	8.7	18	0	0	0	0.0	0	0	L	9-24
10/09	Cowboys	S	7	125	17.9	75t	1	1	4	4.0	4	0	L	10-22
10/16	Panthers	S	7	80	11.4	22	0	2	17	8.5	13	0	W	24-10
10/30	49ers	S	8	79	9.9	23	1	2	10	5.0	5	0	L	14-31
11/06	at Buccaneers	S	8	127	15.9	69t	1	3	1	0.3	5	0	L	13-16
11/13	Cardinals	S	3	-1	-0.3	2	0	0	0	0.0	0	0	L	17-27
11/20	at Saints						INJURED RESERVE						L	20-27
11/27	at Chiefs						INJURED RESERVE						L	10-26
12/04	Seahawks						INJURED RESERVE						L	23-27
12/08	Raiders						INJURED RESERVE						W	17-16
12/19	at Packers						INJURED RESERVE						L	12-24
12/25	Broncos						INJURED RESERVE						W	51-14
01/01	at Chargers						INJURED RESERVE						L	10-31
01/08	at Seahawks						INJURED RESERVE						L	16-19+
2022 TOTALS		**9-9**	**75**	**812**	**10.8**	**75T**	**6**	**9**	**52**	**5.8**	**20T**	**1**	**5-12**	

+ - Overtime

COOPER KUPP'S 2021 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Bears	S	7	108	15.4	56t	1	0	0	0.0	0	0	W	34-14
09/19	at Colts	S	9	163	18.1	44	2	1	-5	-5.0	-5	0	W	27-24
09/26	Buccaneers	S	9	96	10.7	22	2	0	0	0.0	0	0	W	34-24
10/03	Cardinals	S	5	64	12.8	35	0	0	0	0.0	0	0	L	20-37
10/07	at Seahawks	S	7	92	13.1	33	0	0	0	0.0	0	0	W	26-17
10/17	at Giants	S	9	130	14.4	30	2	0	0	0.0	0	0	W	38-11
10/24	Lions	S	10	156	15.6	59	2	0	0	0.0	0	0	W	28-19
10/31	at Texans	S	7	115	16.4	52	1	0	0	0.0	0	0	W	38-22
11/07	Titans	S	11	95	8.6	17	0	0	0	0.0	0	0	L	16-28
11/15	at 49ers	S	11	122	11.1	29	0	0	0	0.0	0	0	L	10-31
11/28	at Packers	S	7	96	13.7	22	0	0	0	0.0	0	0	L	28-36
12/05	Jaguars	S	8	129	16.1	43	1	0	0	0.0	0	0	W	37-7
12/13	at Cardinals	S	13	123	9.5	44	1	0	0	0.0	0	0	W	30-23
12/21	Seahawks	S	9	136	15.1	42	2	1	1	1.0	1	0	W	20-10
12/26	at Vikings	S	10	109	10.9	37	0	1	4	4.0	4	0	W	30-23
01/02	at Ravens	S	6	95	15.8	24	1	0	0	0.0	0	0	W	20-19
01/09	49ers	S	7	118	16.9	46	1	1	18	18.0	18	0	L	24-27+
2021 TOTALS		**17-17**	**145**	**1,947**	**13.4**	**59**	**16**	**4**	**18**	**4.5**	**18**	**0**	**12-5**	

+ - Overtime

COOPER KUPP'S 2020 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	Cowboys	P	4	40	10.0	15	0	0	0	0.0	0	0	W	20-17
09/20	at Eagles	S	5	81	16.2	24	0	2	19	9.5	15	0	W	37-19
09/27	at Bills	S	9	107	11.9	20	1	0	0	0.0	0	0	L	32-35
10/04	Giants	S	5	69	13.8	55t	1	1	-2	-2.0	-2	0	W	17-9
10/11	at Football Team	S	5	66	13.2	49	0	0	0	0.0	0	0	W	30-10
10/18	at 49ers	S	3	11	3.7	7	0	0	0	0.0	0	0	L	16-24
10/26	Bears	S	6	43	7.2	13	0	1	16	16.0	16	0	W	24-10
11/01	at Dolphins	S	11	110	10.0	22	0	0	0	0.0	0	0	L	17-28
11/15	Seahawks	S	5	50	10.0	31	0	0	0	0.0	0	0	W	23-16
11/23	at Buccaneers	S	11	145	13.2	37	0	0	0	0.0	0	0	W	27-24
11/29	49ers	S	2	41	20.5	33	0	0	0	0.0	0	0	L	20-23
12/06	at Cardinals	P	8	73	9.1	15	0	0	0	0.0	0	0	W	38-28
12/10	Patriots	P	5	33	6.6	20	1	0	0	0.0	0	0	W	24-3
12/20	Jets	S	5	39	7.8	16	0	0	0	0.0	0	0	L	20-23
12/27	at Seahawks	S	8	66	8.3	12	0	0	0	0.0	0	0	L	9-20
01/03	Cardinals					NOT ON ROSTER							W	18-7
2020 TOTALS		**15-12**	**92**	**974**	**10.6**	**55T**	**3**	**4**	**33**	**8.3**	**16**	**0**	**10-6**	

COOPER KUPP'S 2019 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Panthers	S	7	46	6.6	10	0	0	0	0.0	0	0	W	30-27
09/15	Saints	S	5	120	24.0	66	0	1	6	6.0	6	0	W	27-9
09/22	at Browns	S	11	101	9.2	22	2	0	0	0.0	0	0	W	20-13
09/29	Buccaneers	S	9	121	13.4	29t	1	1	-2	-2.0	-2	0	L	40-55
10/03	at Seahawks	P	9	117	13.0	26	1	0	0	0.0	0	0	L	29-30
10/13	49ers	S	4	17	4.3	6	0	0	0	0.0	0	0	L	7-20
10/20	at Falcons	S	6	50	8.3	17	0	0	0	0.0	0	0	W	37-10
10/27	Bengals	S	7	220	31.4	65t	1	0	0	0.0	0	0	W	24-10
11/10	at Steelers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	12-17
11/17	Bears	S	3	53	17.7	50	0	0	0	0.0	0	0	W	17-7
11/25	Ravens	S	6	35	5.8	9	0	0	0	0.0	0	0	L	6-45
12/01	at Cardinals	S	6	65	10.8	27	1	0	0	0.0	0	0	W	34-7
12/08	Seahawks	P	4	45	11.3	21	1	0	0	0.0	0	0	W	28-12
12/15	at Cowboys	S	6	41	6.8	11	1	0	0	0.0	0	0	L	21-44
12/21	at 49ers	S	4	31	7.8	22t	1	0	0	0.0	0	0	L	31-34
12/29	Cardinals	S	7	99	14.1	24	1	0	0	0.0	0	0	W	31-24
2019 TOTALS		**16-14**	**94**	**1,161**	**12.4**	**66**	**10**	**2**	**4**	**2.0**	**6**	**0**	**9-7**	

COOPER KUPP'S 2018 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Raiders	S	5	52	10.4	12	1	2	16	8.0	12	0	W	33-13
09/16	Cardinals	S	6	63	10.5	29	0	0	0	0.0	0	0	W	34-0
09/23	Chargers	S	4	71	17.8	53t	1	1	-3	-3.0	-3	0	W	35-23
09/27	Vikings	S	9	162	18.0	70t	2	0	0	0.0	0	0	W	38-31
10/07	at Seahawks	S	6	90	15.0	27	1	0	0	0.0	0	0	W	33-31
10/14	at Broncos	S	0	0	0.0	0	0	1	12	12.0	12	0	W	23-20
10/21	at 49ers						INACTIVE						W	39-10
10/28	Packers						INACTIVE						W	29-27
11/04	at Saints	S	5	89	17.8	41t	1	0	0	0.0	0	0	L	35-45
11/11	Seahawks	S	5	39	7.8	25	0	0	0	0.0	0	0	W	36-31
11/19	Chiefs						DID NOT PLAY						W	54-51
12/02	at Lions						INJURED RESERVE						W	30-16
12/09	at Bears						INJURED RESERVE						L	6-15
12/16	Eagles						INJURED RESERVE						L	23-30
12/23	at Cardinals						INJURED RESERVE						W	31-9
12/30	49ers						INJURED RESERVE						W	48-32
2018 TOTALS		**8-8**	**40**	**566**	**14.2**	**70T**	**6**	**4**	**25**	**6.3**	**12**	**0**	**13-3**	

COOPER KUPP'S 2017 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Colts	P	4	76	19.0	28	1	0	0	0.0	0	0	W	46-9
09/17	Redskins	P	3	33	11.0	17	0	0	0	0.0	0	0	L	20-27
09/21	at 49ers	P	2	17	8.5	13	0	0	0	0.0	0	0	W	41-39
10/01	at Cowboys	P	5	60	12.0	24	1	0	0	0.0	0	0	W	35-30
10/08	Seahawks	P	3	44	14.7	19	0	0	0	0.0	0	0	L	10-16
10/15	at Jaguars	P	2	35	17.5	22	0	0	0	0.0	0	0	W	27-17
10/22	Cardinals	P	4	51	12.8	18t	1	0	0	0.0	0	0	W	33-0
11/05	at Giants	S	3	54	18.0	35	0	0	0	0.0	0	0	W	51-17
11/12	Texans	P	6	47	7.8	19	0	0	0	0.0	0	0	W	33-7
11/19	at Vikings	S	6	64	10.7	23	0	0	0	0.0	0	0	L	7-24
11/26	Saints	P	8	116	14.5	53	0	0	0	0.0	0	0	W	26-20
12/03	at Cardinals	S	5	68	13.6	25	0	0	0	0.0	0	0	W	32-16
12/10	Eagles	S	5	118	23.6	64	1	0	0	0.0	0	0	L	35-43
12/17	at Seahawks	S	2	21	10.5	15	0	0	0	0.0	0	0	W	42-7
12/24	at Titans	S	4	65	16.3	34	1	0	0	0.0	0	0	W	27-23
12/31	49ers						DID NOT PLAY (NON-INJURY)						L	13-34
2017 TOTALS		**15-6**	**62**	**869**	**14.0**	**64**	**5**	**0**	**0**	**0.0**	**0**	**0**	**11-5**	

49 | TIGHT END
MARSHALL LANG

Height: 6-4 Weight: 249
College: Northwestern
Season: Rookie
Born: October 15, 2001
Hometown: Cincinnati, Ohio

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Played in 47 games for the Wildcats, recording 48 receptions for 491 yards and four scores in his career. Posted career-highs in receptions (15) and yards (192) in 2022. Named Academic All-Big 10 his senior season.

PERSONAL: Three-star recruit and 54th-ranked player in Ohio (247Sports) coming out of St. Xavier High. Finished prep career with 117 catches and 1,097 receiving yards. Was named first-team All-GCL and earned third-team all-state honors as a senior after making 86 catches for 1,012 yards, setting a school record for receptions. Set a school record with 86 receptions as a senior.

63 | GUARD
SATAOA LAUMEA

Height: 6-4	Weight: 319
College:	Utah
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	January 13, 2001
Hometown:	Rialto, Calif.
Pronunciation:	sah-TAU-uh lau-MAY-uh

TRANSACTIONS:

04/27/24: Drafted by Seattle (6th round, 179th overall)

NFL CAREER HIGHLIGHTS:

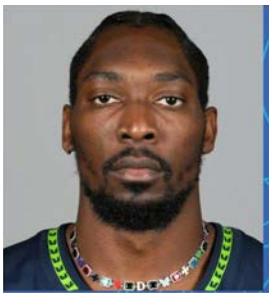
• Started all six games played at right guard to conclude the 2024 season, and was part of an offensive line that helped the Seahawks rush for 176 yards at Arizona (12/8/24), the most since the final week of 2022. The line also did not allow a sack for the first time since Week 18, 2023, at Arizona.

COLLEGE: Played in 45 career games with 44 starts, all consecutive, (19 at right guard, 24 at right tackle), including starting at right tackle in all 11 games in 2023. Earned four All-Pac-12 selections, earning first-team honors in 2022. Part of an offensive line that blocked for a rushing offense that averaged 182.5 yards per game, which ranked third in the Pac-12.

PERSONAL: Four-star recruit by 247Sports out of Eisenhower High. Was the All-CIF Southern Section Division 10 Offensive Player of the Year as a senior. Also played defensive tackle with 19 tackles, 2.0 sacks, a forced fumble and blocked PAT as a senior. Helped Eisenhower win the 2018 Division 10 CIF Southern Section Championship. Also participated in track & field (shot and discus). Is one of 10 kids (six sisters, three brothers), the youngest male and eighth overall.

SATAOA LAUMEA'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	6	6
NFL TOTALS		**6**	**6**



0 | DEFENSIVE END
DEMARCUS LAWRENCE

Height: 6-3	Weight: 254
College:	Boise State
Born:	April 28, 1992
Hometown:	Aiken, S.C.

TRANSACTIONS:

05/09/14: Drafted by Dallas (2nd round, 34th overall)
09/03/14: Placed on IR (foot)
11/01/14: Activated from reserve
09/03/16: Suspended by Commissioner-Less than One Year
10/03/16: Suspension Lifted by Commissioner
03/08/18: Signed Franchise Tag tender
04/09/19: Signed Franchise Tag tender
09/12/20: Re-signed by Dallas
09/16/21: Placed on IR (foot)
12/02/21: Activated from reserve
03/15/22: Re-signed by Dallas
03/15/23: Re-signed by Dallas
10/01/24: Placed on IR (foot)
03/13/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Was named to his second-consecutive Pro Bowl in 2023, fourth total, after starting all 17 games for the second straight season. Registered 57 tackles (second-most of his career), six tackles for loss (tied for second on the team), 47 quarterback pressures (second-most of his career and second on the team), a career-best six pass breakups, 4.0 sacks and a forced fumble.

• In 2023, named the Cowboys Walter Payton NFL Man of the Year nominee.

• Compiled two tackles, a sack and three quarterback pressures against the N.Y. Giants (11/12/23) to surpass 300 tackles for his career.

• Started every game for the third time of his career in 2022, first since 2019, and contributed a career-high 61 tackles, six tackles for loss, 6.0 sacks, 45 pressures, three forced fumbles and two recoveries, returning one for a touchdown, to earn his third Pro Bowl selection.

• Played in his 100th career game, named a team captain and tallied four tackles, one for a loss, two hurries, a pass breakup and a forced fumble, the 16th of his career (third in team history), at the N.Y. Giants (12/19/21).

• Picked off his second career pass, returning it 40 yards for his first career touchdown against Washington (12/26/21). Also added a sack, two hurries and a breakup.

• Started 15 games in 2020 and led the team in sacks (6.5), tackles for loss (eight), pressures (37) and forced fumbles (four, tied for the most in his career) while finishing eighth with 52 tackles.

• Selected to his second straight Pro Bowl in 2018, starting 15 of 16 games played and leading the team in sacks (10.5), tackles for loss (12) and hurries (39) while adding 47 tackles (seventh on the team), one interception, two forced fumbles and a fumble recovery.

• Named to his first-career Pro Bowl in 2017 after tying for second in the NFL with a career-best 14.5 sacks and team-leading 52 pressures, the most by a Cowboys defender in a single season since Charles Haley had 52 in 1994.

• Named NFC Defensive Player of the Month for September with a league-best 6.5 sacks in the first three games in 2017.

• Was named NFC Defensive Player of the Week after his career-best 3.0-sack performance at Arizona (9/25/17). Became just the third NFL player (Mark Gastineau, 1984, and Kevin Greene, 1998) to have three multi-sack games in each of the first three games of a season.

• Extended his sack streak to six games at San Francisco (10/22/17), becoming the ninth player in NFL history to record a sack in each of the first six games of the season. Forced and recovered a fumble on the sack to go with three tackles and a pressure.

HONORS: 2023: NFC Pro Bowl; 2022: NFC Pro Bowl; 2018: NFC Pro Bowl;

2017: AP All-Pro (second-team), NFC Pro Bowl; 2017: NFC Defensive Player of the Month for September, NFC Defensive Player of the Week 3.

COLLEGE: Was first-team All-Mountain West and was named Boise State's Most Valuable Defensive Player, ranking third on the team with 72 tackles and forced three fumbles after starting each of his 12 games played as a junior. As a sophomore he started each of his 11 games played during his debut season with the Broncos and was named the team's Most Outstanding Defensive Lineman after transferring from Butler Community College. Named first-team All-Mountain West after recording team highs with 13 tackles for loss and 9.5 sacks, while also leading all Bronco defensive lineman with 48 tackles. Earned second-team NJCAA All-America honors and was named first-team All-Jayhawk Conference, finishing with 69 tackles and team highs with 21 tackles for loss and 12.0 sacks at Butler Community College.

PERSONAL: Attended Attended Silver Bluff High in Aiken, S.C. and was a North-South All-Star selection his senior year after playing tight end, offensive tackle and defensive end for the Bulldogs. Recorded 97 tackles and 3.0 sacks from the defensive tackle position during as a senior. Lawrence has three children, and he and his wife, Sasha, were married in the spring of 2019. Majored in communications.

DEMARCUS LAWRENCE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

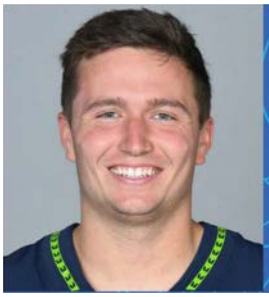
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2014	Cowboys	7	0	11	6	5	1	4	0.0	0.0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Cowboys	16	13	56	28	28	8	16	8.0	71.0	31	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2016	Cowboys	9	3	8	5	3	3	15	1.0	8.0	13	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Cowboys	16	16	43	24	19	6	11	14.5	160.0	52	0	0	0	0	1	4	2	0	0	0	0	0	0	0	0	0
2018	Cowboys	16	15	47	26	21	12	21	10.5	74.0	39	1	13	13	0	2	2	1	0	5	0	0	0	0	0	0	0
2019	Cowboys	16	16	40	25	15	9	26	5.0	24.0	36	0	0	0	0	3	2	2	0	0	0	0	0	0	0	0	0
2020	Cowboys	16	15	52	30	22	8	21	6.5	42.0	37	0	0	0	0	2	4	1	0	0	0	0	0	0	0	0	0
2021	Cowboys	7	7	18	14	4	2	4	3.0	24.0	16	1	40	40t	1	5	2	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	17	17	61	49	12	6	9	6.0	35.0	45	0	0	0	0	3	3	2	1	19	0	0	0	0	0	0	0
2023	Cowboys	17	17	57	29	28	6	18	4.0	25.0	47	0	0	0	0	6	1	0	0	0	0	0	0	0	0	0	0
2024	Cowboys	4	4	13	4	9	1	2	3.0	20.0	8	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**141**	**123**	**406**	**240**	**166**	**62**	**147**	**61.5**	**483.0**	**330**	**2**	**53**	**40T**	**1**	**22**	**21**	**8**	**1**	**24**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEMARCUS LAWRENCE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2014	Cowboys	2	0	3	3	0	0	0	2.0	21.0	1	0	0	0	0	0	1	2	0	0	0	0	0	0	0	0	0
2016	Cowboys	1	0	3	2	1	1	5	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Cowboys	2	2	8	6	2	2	5	0.0	0.0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Cowboys	1	1	2	1	1	2	2	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	2	2	5	3	2	1	4	1.0	6.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	1	1	6	1	5	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**9**	**6**	**27**	**16**	**11**	**6**	**16**	**3.0**	**27.0**	**13**	**0**	**0**	**0**	**0**	**0**	**1**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEMARCUS LAWRENCE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Buffalo Bills, Dec 17, 2023	**Fumble Recoveries**	1 at Los Angeles Rams, Oct 09, 2022
Solo Tackles	7 at Buffalo Bills, Dec 17, 2023		...6 more at 1.
	...1 more at 7.	**Tackles For Loss**	5 at Washington Redskins, Oct 21, 2018
Sacks	3.0 at New York Giants, Sep 26, 2022	**Interceptions**	1 vs. Washington Football Team, Dec 26, 2021
	...2 more at 3.0.		...1 more at 1.
Passes Defensed	2 at Washington Commanders, Jan 07, 2024	**Interception Return Yards**	40 vs. Washington Football Team, Dec 26, 2021
	...3 more at 2.	**Longest Opp Fumble Return**	5 at Carolina Panthers, Sep 09, 2018
Forced Fumbles	1 at Cleveland Browns, Sep 08, 2024		
	...20 more at 1.		



2 | QUARTERBACK
DREW LOCK

Height: 6-4	Weight: 228
College:	Missouri
Seasons:	NFL : 7th, Seahawks 3rd
Born:	November 10, 1996
Hometown:	Columbia, Mo.

TRANSACTIONS:

04/26/19: Drafted by Denver (2nd Round, 42nd overall)
09/02/19: Placed on IR (thumb)
11/30/19: Activated from IR
03/16/22: Traded to Seattle
03/20/23: Re-signed by Seattle
03/14/24: Signed by N.Y. Giants as a UFA
04/15/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• In 2024, went 17-of-23 (73.9%) for 309 yards, 4 touchdowns, zero interceptions, a career-high passer rating of 155.3 and scored one rushing touchdown in Week 17 against Indianapolis (12/29). Became the fifth player in NFL history to have 300-plus passing yards, 4-plus passing touchdowns, one-plus rushing touchdowns and a passer rating higher than 155, joining Josh Allen (10/1/23 vs. Miami), Drew Brees (12/29/13 vs. Tampa Bay), Ryan Fitzpatrick (9/9/18 at New Orleans) and Aaron Rodgers (10/20/19 vs. Oakland).

• Lock (vs. Philadelphia, 12/18), and Geno Smith (at Tennessee, 12/24) helped Seattle become just the second team in NFL history to have two different quarterbacks throw a game-winning touchdown pass in the final minute of regulation in back-to-back games (Miami, 1999).

• Dressed, but did not play, during his first season in Seattle in 2022.

• Started 21 of 24 games played for Denver, completing 421 of 710 passes (59.3%) for 4,740 yards with 25 touchdowns and 20 interceptions (79.3 rating) to go along with 285 rushing yards on 72 attempts (4.0 avg.) with five rushing scores during his career.

• Started Denver's final five games in 2019 after spending the first 11 games of the season on injured reserve. Finished his rookie season with a 4-1 record to match John Elway for the most wins by a rookie quarterback in team history.

• Became the first NFL rookie in the Super Bowl era to pass for 300 yards and three touchdowns in his first career road start, earning NFL Rookie of the Week honors.

COLLEGE: Started 46 of 50 games during his collegiate career, completing 883 of 1,553 passes (56.9%) for 12,193 yards with 99 touchdowns and 39 interceptions in addition to rushing for 437 yards and nine scores. Threw for the second-most passing yards (12,193) and third-most touchdowns (99) in Southeastern Conference history during his four-year career at Missouri. Ended his career at Mizzou ranked second in career passing yards and touchdowns, while setting 10 of the top-25 single-game passing yardage marks in school history. Finished his senior season with career-best marks in completion percentage (62.9), interceptions (8), completions (275), rushing yards (175) and rushing touchdowns (6). Accounted for 34 total touchdowns (28 passing, 6 rushing). Did not throw an interception in six of his final seven games as a Tiger and had just two interceptions on his final 214 pass attempts on the season. Led the NCAA (FBS) and set the Southeastern Conference and Missouri records for passing touchdowns (44) while helping the Tigers reach a bowl game after starting the season 1-5. Finished the campaign with 242 of 419 passing (57.8%) for 3,964 yards with 44 touchdowns and 13 interceptions. Took over as Mizzou's starting quarterback over the final eight games while playing in all 12 games as a true freshman. Was the first Mizzou true freshman to start at quarterback since 1995.

PERSONAL: Threw for 63 touchdowns and 12 interceptions between his junior and senior seasons at Lee's Summit (Mo.) High School. Chosen as the Kansas City Star All-Metro Player of the Year after throwing for 2,731 yards and 28 touchdowns as a senior. Received numerous Division-I basketball scholarship offers.

DREW LOCK'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2019	Broncos	5	5	156	100	64.1	1,020	6.5	7	3	48	5	26	89.7	18	72	4.0	12	0
2020	Broncos	13	13	443	254	57.3	2,933	6.6	16	15	92t	19	123	75.4	44	160	3.6	16	3
2021	Broncos	6	3	111	67	60.4	787	7.1	2	2	44	9	52	80.4	10	53	5.3	23t	2
2022	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2023	Seahawks	4	2	76	48	63.2	543	7.1	3	3	51	6	26	81.2	5	14	2.8	11	0
2024	Giants	8	5	181	107	59.1	1,071	5.9	6	5	59t	12	88	75.5	18	133	7.4	28	2
TOTALS		**36**	**28**	**967**	**576**	**59.6**	**6,354**	**6.6**	**34**	**28**	**92T**	**51**	**315**	**78.8**	**95**	**432**	**4.5**	**28**	**7**

DREW LOCK'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**

DREW LOCK'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	49 vs. New Orleans Saints, Dec 08, 2024	**Passer Rating**	155.3 vs. Indianapolis Colts, Dec 29, 2024
Pass Completions	26 vs. Los Angeles Chargers, Nov 01, 2020	**Rush Attempts**	7 at Atlanta Falcons, Nov 08, 2020
Yards Passing	339 vs. Las Vegas Raiders, Jan 03, 2021	**Rushing Yards**	59 vs. New Orleans Saints, Dec 08, 2024
TD Passes	4 vs. Indianapolis Colts, Dec 29, 2024	**Rushing Average**	6.7 at Atlanta Falcons, Nov 08, 2020
	...1 more at 4.	**Longest Runs**	28 at Dallas Cowboys, Nov 28, 2024
Long Passes	92t vs. Las Vegas Raiders, Jan 03, 2021	**Rushing TDs**	2 vs. Kansas City Chiefs, Jan 08, 2022
Completion Percentage	81.5 at Houston Texans, Dec 08, 2019		

DREW LOCK'S 300-YARD PASSING GAMES (4): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/03/21	RAIDERS	25	339	13.6	92t	2
11/08/20	at Falcons	25	313	12.5	41	2
12/29/24	COLTS	17	309	18.2	59t	4
12/08/19	at Texans	22	309	14.0	48	3

DREW LOCK'S 2024 GXG REGULAR-SEASON STATISTICS (GIANTS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Vikings							DID NOT PLAY (NON-INJURY)										L	6-28
09/15	at Commanders	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	L	18-21
09/22	at Browns							DID NOT PLAY (NON-INJURY)										W	21-15
09/26	Cowboys							DID NOT PLAY (NON-INJURY)										L	15-20
10/06	at Seahawks							DID NOT PLAY (NON-INJURY)										W	29-20
10/13	Bengals							DID NOT PLAY (NON-INJURY)										L	7-17
10/20	Eagles	P	8	3	6	37.5	0.8	2.0	0	0	5	1/6	45.8	1	13	13	0	L	3-28
10/28	at Steelers							DID NOT PLAY (NON-INJURY)										L	18-26
11/03	Commanders							DID NOT PLAY (NON-INJURY)										L	22-27
11/10	at Panthers							DID NOT PLAY (NON-INJURY)										L	17-20+
11/24	Buccaneers	P	1	1	3	100.0	3.0	3.0	0	0	3	0/0	79.2	0	0	0	0	L	7-30
11/28	at Cowboys	S	32	21	178	65.6	5.6	8.5	0	1	18	6/47	66.9	4	57	28	1	L	20-27
12/08	Saints	S	49	21	227	42.9	4.6	10.8	0	1	23	2/14	48.6	5	59	25	0	L	11-14
12/15	Ravens							INACTIVE										L	14-35
12/22	at Falcons	S	39	22	210	56.4	5.4	9.5	1	2	21	3/21	58.7	1	1	1	0	L	7-34
12/29	Colts	S	23	17	309	73.9	13.4	18.2	4	0	59t	0/0	155.3	5	0	5t	1	W	45-33
01/05	at Eagles	S	29	22	138	75.9	4.8	6.3	1	1	45t	0/0	82.3	2	3	3	0	L	13-20
2024 TOTALS		**8-5**	**181**	**107**	**1,071**	**59.1**	**5.9**	**10.0**	**6**	**5**	**59T**	**12/88**	**75.5**	**18**	**133**	**28**	**2**	**3-14**	

+ - Overtime

DREW LOCK'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/10	Rams							DID NOT PLAY (NON-INJURY)										L	13-30
09/17	at Lions							DID NOT PLAY (NON-INJURY)										W	37-31+
09/24	Panthers							DID NOT PLAY (NON-INJURY)										W	37-27
10/02	at Giants	P	6	2	63	33.3	10.5	31.5	0	0	51	0/0	73.6	1	11	11	0	W	24-3
10/15	at Bengals							DID NOT PLAY (NON-INJURY)										L	13-17
10/22	Cardinals							DID NOT PLAY (NON-INJURY)										W	20-10
10/29	Browns							DID NOT PLAY (NON-INJURY)										W	24-20
11/05	at Ravens							DID NOT PLAY (NON-INJURY)										L	3-37
11/12	Commanders							DID NOT PLAY (NON-INJURY)										W	29-26
11/19	at Rams	P	6	2	3	33.3	0.5	1.5	0	1	4	0/0	2.8	0	0	0	0	L	16-17
11/23	49ers							DID NOT PLAY (NON-INJURY)										L	13-31
11/30	at Cowboys							DID NOT PLAY (NON-INJURY)										L	35-41
12/10	at 49ers	S	31	22	269	71.0	8.7	12.2	2	2	31t	4/15	92.0	3	5	3	0	L	16-28
12/18	Eagles	S	33	22	208	66.7	6.3	9.5	1	0	34	2/11	94.0	1	-2	-2	0	W	20-17
12/24	at Titans							DID NOT PLAY (NON-INJURY)										W	20-17
12/31	Steelers							DID NOT PLAY (NON-INJURY)										L	23-30
01/07	at Cardinals							DID NOT PLAY (NON-INJURY)										W	21-20
2023 TOTALS		**4-2**	**76**	**48**	**543**	**63.2**	**7.1**	**11.3**	**3**	**3**	**51**	**6/26**	**81.2**	**5**	**14**	**11**	**0**	**9-8**	

+ - Overtime

DREW LOCK'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/12	Broncos							DID NOT PLAY (NON-INJURY)										W	17-16
09/18	at 49ers							DID NOT PLAY (NON-INJURY)										L	7-27
09/25	Falcons							DID NOT PLAY (NON-INJURY)										L	23-27
10/02	at Lions							DID NOT PLAY (NON-INJURY)										W	48-45
10/09	at Saints							DID NOT PLAY (NON-INJURY)										L	32-39
10/16	Cardinals							DID NOT PLAY (NON-INJURY)										W	19-9
10/23	at Chargers							DID NOT PLAY (NON-INJURY)										W	37-23
10/30	Giants							DID NOT PLAY (NON-INJURY)										W	27-13
11/06	at Cardinals							DID NOT PLAY (NON-INJURY)										W	31-21
11/13	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	16-21
11/27	Raiders							DID NOT PLAY (NON-INJURY)										L	34-40+
12/04	at Rams							DID NOT PLAY (NON-INJURY)										W	27-23
12/11	Panthers							DID NOT PLAY (NON-INJURY)										L	24-30
12/15	49ers							DID NOT PLAY (NON-INJURY)										L	13-21
12/24	at Chiefs							DID NOT PLAY (NON-INJURY)										L	10-24
01/01	Jets							DID NOT PLAY (NON-INJURY)										W	23-6
01/08	Rams							DID NOT PLAY (NON-INJURY)										W	19-16+
2022 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**9-8**	

+ - Overtime

DREW LOCK'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

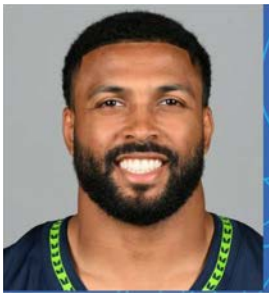
			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/12	at Giants							DID NOT PLAY (NON-INJURY)										W	27-13
09/19	at Jaguars							DID NOT PLAY (NON-INJURY)										W	23-13
09/26	Jets							DID NOT PLAY (NON-INJURY)										W	26-0
10/03	Ravens	P	21	12	113	57.1	5.4	9.4	0	1	32	3/15	52.3	0	0	0	0	L	7-23
10/10	at Steelers							DID NOT PLAY (NON-INJURY)										L	19-27
10/17	Raiders							DID NOT PLAY (NON-INJURY)										L	24-34
10/21	at Browns							DID NOT PLAY (NON-INJURY)										L	14-17
10/31	Football Team							DID NOT PLAY (NON-INJURY)										W	17-10
11/07	at Cowboys							DID NOT PLAY										W	30-16
11/14	Eagles							DID NOT PLAY										L	13-30
11/28	Chargers	P	7	4	26	57.1	3.7	6.5	0	1	12	1/0	25.6	0	0	0	0	W	28-13
12/05	at Chiefs							DID NOT PLAY (NON-INJURY)										L	9-22
12/12	Lions							DID NOT PLAY (NON-INJURY)										W	38-10
12/19	Bengals	P	12	6	88	50.0	7.3	14.7	1	0	25t	1/9	102.1	1	-2	-2	0	L	10-15
12/26	at Raiders	S	22	15	153	68.2	7.0	10.2	0	0	40	2/13	87.9	2	10	5	0	L	13-17
01/02	at Chargers	S	25	18	245	72.0	9.8	13.6	1	0	44	1/10	116.2	3	10	6	0	L	13-34
01/08	Chiefs	S	24	12	162	50.0	6.8	13.5	0	0	31	1/5	71.9	4	35	23t	2	L	24-28
2021 TOTALS		**6-3**	**111**	**67**	**787**	**60.4**	**7.1**	**11.7**	**2**	**2**	**44**	**9/52**	**80.4**	**10**	**53**	**23T**	**2**	**7-10**	

DREW LOCK'S 2020 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/14	Titans	S	33	22	216	66.7	6.5	9.8	1	0	31	0/0	95.0	3	5	3	0	L	14-16
09/20	at Steelers	S	5	1	20	20.0	4.0	20.0	0	0	20	1/8	43.8	0	0	0	0	L	21-26
09/27	Buccaneers							ON INACTIVE LIST										L	10-28
10/01	at Jets							INACTIVE										W	37-28
10/18	at Patriots	S	24	10	189	41.7	7.9	18.9	0	2	41	2/25	34.9	5	-1	3	0	W	18-12
10/25	Chiefs	S	40	24	254	60.0	6.4	10.6	0	2	27	3/20	57.7	3	8	4	1	L	16-43
11/01	Chargers	S	41	26	248	63.4	6.0	9.5	3	1	43	2/5	94.4	2	-1	1	0	W	31-30
11/08	at Falcons	S	48	25	313	52.1	6.5	12.5	2	1	41	1/11	77.9	7	47	16	1	L	27-34
11/15	at Raiders	S	47	23	257	48.9	5.5	11.2	1	4	27	2/10	37.3	2	7	5	0	L	12-37
11/22	Dolphins	S	30	18	270	60.0	9.0	15.0	0	1	61	0/0	75.7	2	23	14	0	W	20-13
12/06	at Chiefs	S	28	15	151	53.6	5.4	10.1	2	2	37	0/0	63.2	2	9	8	0	L	16-22
12/13	at Panthers	S	27	21	280	77.8	10.4	13.3	4	0	49t	1/11	149.5	6	4	6	0	W	32-27
12/19	Bills	S	32	20	132	62.5	4.1	6.6	1	0	19	3/17	81.8	5	37	14	0	L	19-48
12/27	at Chargers	S	47	24	264	51.1	5.6	11.0	0	2	27	2/1	50.3	5	15	6	1	L	16-19
01/03	Raiders	S	41	25	339	61.0	8.3	13.6	2	0	92t	2/15	103.6	2	7	5	0	L	31-32
2020 TOTALS		**13-13**	**443**	**254**	**2,933**	**57.3**	**6.6**	**11.5**	**16**	**15**	**92T**	**19/123**	**75.4**	**44**	**160**	**16**	**3**	**5-10**	

DREW LOCK'S 2019 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/09	at Raiders								DID NOT PLAY									L	16-24
09/15	Bears								DID NOT PLAY									L	14-16
09/22	at Packers								DID NOT PLAY									L	16-27
09/29	Jaguars								DID NOT PLAY									L	24-26
10/06	at Chargers								DID NOT PLAY									W	20-13
10/13	Titans								DID NOT PLAY									W	16-0
10/17	Chiefs								DID NOT PLAY									L	6-30
10/27	at Colts								INJURED RESERVE									L	13-15
11/03	Browns								INJURED RESERVE									W	24-19
11/17	at Vikings								INJURED RESERVE									L	23-27
11/24	at Bills								INJURED RESERVE									L	3-20
12/01	Chargers	S	28	18	134	64.3	4.8	7.4	2	1	33	0/0	84.5	3	15	8	0	W	23-20
12/08	at Texans	S	27	22	309	81.5	11.4	14.0	3	1	48	1/8	136.0	3	15	11	0	W	38-24
12/15	at Chiefs	S	40	18	208	45.0	5.2	11.6	0	1	43	2/9	50.8	2	3	3	0	L	3-23
12/22	Lions	S	33	25	192	75.8	5.8	7.7	1	0	20	0/0	99.6	4	10	10	0	W	27-17
12/29	Raiders	S	28	17	177	60.7	6.3	10.4	1	0	19	2/9	90.9	6	29	12	0	W	16-15
2019 TOTALS		**5-5**	**156**	**100**	**1,020**	**64.1**	**6.5**	**10.2**	**7**	**3**	**48**	**5/26**	**89.7**	**18**	**72**	**12**	**0**	**7-9**	



20 | SAFETY
JULIAN LOVE

Height: 5-11 Weight: 195
College: Notre Dame
Seasons: NFL : 7th, Seahawks 3rd
Born: March 19, 1998
Hometown: Westchester, Ill.

PRO BOWL '23

TRANSACTIONS:

04/27/19: Drafted by the N.Y. Giants (4th round, 108th overall)
03/17/23: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

• One of two defensive backs (Kevin Byard) in the NFL with 100 tackles in each of the last three seasons.

• In 2024, tied for team lead with three interceptions and led team with 106 tackles. At New England (9/15/24), blocked first-career field goal in the fourth quarter, keeping Seattle within three points before the Seahawks tied the game on the ensuing drive, and eventually won in overtime.

• Set career-highs in 2023 with four interceptions, two interceptions in a single-game, 10 passes defensed, and a team-leading 13 special teams tackles (T2nd NFL). Finished the year ranking third on the team in tackles (110), named NFC Defensive Player of the Week 15 and selected to the NFC roster for the Pro Bowl Games.

• Prior to joining Seattle, Love played in 64 regular season games with 32 starts and one postseason game which he started. Totals include 268 tackles (179 solo), 13 tackles for loss, five interceptions, 18 passes defensed, one forced fumble, two fumble recoveries and 1.5 sacks. Postseason totals include 12 tackles (10 solo) in two games.

• Posted career-highs in tackles (116), sacks (1.0) and interceptions (2) as a full-time starter for the Giants in 2022.

• In 2021, played in all 17 games with five starts and recorded a career-high seven passes defensed, two quarterback hits, one fumble recovery and a half-sack. Tallied 56 tackles (32 solo), one interception and one tackle for loss. His 10 special teams tackles were the second-most on the team, was the only NFL player with at least 50 tackles, 10 special teams tackles and one interception..

• As a rookie in 2019, played in 15 games, including starts at strong safety in each of the final five games, made his NFL debut at Dallas (9/8).

HONORS: 2023: NFC Defensive Player of the Week 15.

COLLEGE: In three seasons at Notre Dame, Love played in 38 games with 34 starts…Set the school record with 44 pass breakups. Totaled 176 tackles (126 solo), 6 tackles for loss, 5 interceptions, including two he returned for touchdowns, one forced fumble, and 4 fumble recoveries. As a junior in 2018, started all 13 games and was one of 3 finalists for the Jim Thorpe Award, which is presented to the nation's best defensive back. Registered 63 tackles (49 solo), one interception, a team-high 15 pass breakups, and 3 fumble recoveries. Broke the Notre Dame record for career pass breakups with his 33rd vs. Stanford. In 2017, started all 13 games, registered a career-high 68 tackles (45 solo), the top total among any non-linebacker on the team. Led team in passes defensed (23), interceptions (3) and interception return yards (153). Love's school record 20 pass breakups shattered the previous school record of 13 set by Clarence Ellis in 1969. Became the 8th player in Notre Dame history to return two interceptions for touchdowns in a season (59 yards at Michigan State and 69 yards vs. N.C. State). As a freshman in 2016, played in 12 games with starts in the final eight games. Registered 45 tackles (32 solo), two tackles for loss, one interception, four pass breakups, one forced fumble, and one fumble recovery. Led all Fighting Irish freshmen in games started and tackles.

PERSONAL: Love and his wife, Julia, have been together since high school. They own a pet bernedoodle named Leo. Management consulting major. In his junior and senior seasons (2014-15) at Nazareth Academy (La Grange, Ill.), Love helped lead the football team to records of 14-0 and 12-2 and Illinois High School Association Class 5A championships. In 2015, he was an Illinois High School Coaches Association Class 5A All-Illinois first team. As a senior, he registered 92 tackles, 19 stops for loss, 3 forced fumbles and one fumble recovery for 54 yards, rushed for 1,067 yards and 18 touchdowns on 104 carries (10.3-yard avg.), and caught 29 passes for 662 yards (22.8-yard avg.) and 7 scores. In his junior season, he collected 41 tackles, one stop for loss and had a 93-yard interception return touchdown. Also rushed for 541 yards and 8 touchdowns on 46 carries (11.8-yard avg.). Had two 100-yard rushing games and a career-long run of 74 yards. Caught 14 passes for 375 yards (26.8-yard avg.) and 4 scores, including a season-long 65-yarder. Returned six kickoffs for 130 yards (21.7-yard avg.) and 11 punts for 242 yards (22.0-yard avg.), including a 73-yard return.

JULIAN LOVE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2019	Giants	15	5	35	28	7	5	7	0.0	0.0	1	1	30	30	0	3	1	0	0	0	2	2	0	0	0	0	0
2020	Giants	16	6	61	45	16	1	1	0.0	0.0	0	1	13	13	0	3	0	0	0	0	3	2	1	0	0	0	0
2021	Giants	17	5	56	32	24	1	2	0.5	2.5	2	1	0	0	0	7	0	1	0	0	10	4	6	0	0	0	0
2022	Giants	16	16	116	74	42	6	18	1.0	9.0	1	2	44	27	0	5	0	1	0	0	8	5	3	1	0	0	0
2023	Seahawks	17	12	110	78	32	1	1	0.0	0.0	0	4	7	7	0	10	2	1	0	3	13	7	6	0	0	0	0
2024	Seahawks	17	17	106	77	29	3	4	0.0	0.0	0	3	33	26	0	12	2	1	0	6	3	3	0	0	0	0	0
NFL TOTALS		**98**	**61**	**484**	**334**	**150**	**17**	**33**	**1.5**	**11.5**	**4**	**12**	**127**	**30**	**0**	**40**	**5**	**4**	**0**	**9**	**39**	**23**	**16**	**1**	**0**	**0**	**0**

JULIAN LOVE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Giants	2	2	12	10	2	2	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**2**	**12**	**10**	**2**	**2**	**4**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ADDITIONAL STATS

Blocked Field Goals: 2024 (1); **Career**: 1.

JULIAN LOVE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	14 vs. Dallas Cowboys, Sep 26, 2022	**Tackles For Loss**	2 vs. Carolina Panthers, Sep 18, 2022 ...2 more at 2.
Solo Tackles	11 vs. Washington Commanders, Dec 04, 2022		
Sacks	1.0 vs. Carolina Panthers, Sep 18, 2022	**Interceptions**	2 vs. Philadelphia Eagles, Dec 18, 2023
Passes Defensed	3 at Los Angeles Rams, Jan 05, 2025	**Interception Return Yards**	30 at Chicago Bears, Nov 24, 2019
Forced Fumbles	1 at New York Jets, Dec 01, 2024 ...4 more at 1.	**Special Teams Tackles**	3 at Los Angeles Rams, Nov 19, 2023 ...1 more at 3.
Fumble Recoveries	1 vs. Green Bay Packers, Dec 15, 2024 ...3 more at 1.	**Special Teams Forced Fumbles**	1 at Green Bay Packers, Oct 09, 2022
		Longest Opp Fumble Return	3 at Detroit Lions, Sep 17, 2023

72 | TACKLE
ABRAHAM LUCAS

Height: 6-6	Weight: 322
College:	Washington State
Seasons:	NFL : 4th, Seahawks 4th
Born:	October 15, 1998
Hometown:	Everett, Wash.

TRANSACTIONS:

04/29/22: Drafted by Seattle (3rd round, 72nd overall)
09/13/23: Placed on IR (knee)
11/30/23: Activated from reserve
08/27/24: Placed on reserve/physically unable to perform
11/13/24: Activated from reserve
01/04/25: Placed on IR (abdomen)

NFL CAREER HIGHLIGHTS:

• Returned from injury in 2024 to start seven games at right tackle. Was part of an offensive line that helped the Seahawks rush for 176 yards at Arizona (12/8/24), the most since the final week of 2022. The line also did not allow a sack for the first time since Week 18, 2023, at Arizona.

• Second NFL season in 2023 was cut short due to injury and limited him to six games (knee).

• Started 16 games at right tackle in 2022. Along with Charles Cross, became the first rookie duo to start a team's first 15 games at tackle since the 1970 merger. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Was a four-year starter at right tackle, starting 42 consecutive games, and swas the first Cougars offensive lineman in program history to earn All-Pac-12 Conference honors four times and was a three-time Outland Trophy Watch List selection. The Everett, Wash. native earned All-Pac-12 second-team accolades his first three seasons, was a Freshman All-American in 2018 and capped his career earning All-America Honorable Mention from Phil Steele and first-team All-Pac-12 accolades this past season. In 2021, Lucas was rated the third-best pass-blocking offensive tackle in the country and best in the Pac-12 by PFF College after not allowing a sack in 477 snaps and was later selected to play in the Reece's Senior Bowl. Lucas is the fourth Cougars offensive lineman drafted in the last seven seasons and is the highest Cougar draft pick since offensive lineman Andre Dillard was selected No. 22 overall by the Philadelphia Eagles in the 2019 NFL Draft. Lucas is the first Cougar drafted by the Seahawks since cornerback Marcus Trufant was selected No. 11 overall in the 2003 NFL Draft.

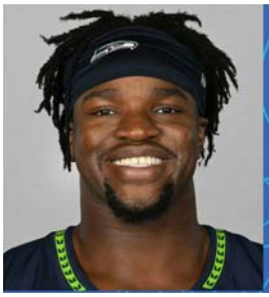
PERSONAL: Attended Archbishop Murphy High. As a senior, named All-USA Washington second-team by The USA Today, also received a vote as Seattle Times 2A State Player of the Year. In eight games, made 31 tackles including 15 sacks. As a junior, helped Archbishop to the 2A semifinals, made 36 tackles including 15 for loss. Rated a three-star prospect by ESPN.com, Rivals.com and Scout.com. Rated the No.52 offensive tackle in the country and eighth overall prospect in Washington by ESPN.com. Also lettered four years in basketball, two-time All-Cascade selection, averaged 16 ppg and 14 rpg as a senior. One of seven children. Grandfather, William Collier, played baseball at Seattle University.

ABRAHAM LUCAS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	16	16
2023	Seahawks	6	6
2024	Seahawks	7	7
NFL TOTALS		**29**	**29**

ABRAHAM LUCAS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**



53 | LINEBACKER
BOYE MAFE

Height: 6-4 | Weight: 261
College: Minnesota
Seasons: NFL : 4th, Seahawks 4th
Born: November 30, 1998
Hometown: Minnetonka, Minn.
Pronunciation: boy-YAY mah-fay

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 40th overall)

NFL CAREER HIGHLIGHTS:

• Posted 6.0 sacks in 2024 and teamed with LB Derick Hall for a defensive touchdown at Atlanta (10/20/24). Mafe sacked Falcons QB Kirk Cousins and Hall was there to scoop up the loose ball, returning it 36 yards for a score.

• In 2023, led club with a career-high nine sacks, and registered at least 1.0 sack in seven-consecutive games, the longest streak in franchise history.

• Played in all 17 games (three starts) during rookie campaign in 2022, tallying 38 tackles and 3.5 sacks. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Played in 42 career games with 14 starts and made 87 tackles (59 solo), 19.5 tackles for loss and 15 sacks (ninth all-time in school history). Also forced three fumbles and broke up three passes. Named All-Big Ten second-team by the media in 2021, All-Big Ten third-team by conference coaches in 2021, All-Big Ten honorable mention in 2020 and was Academic All-Big Ten in 2020 and 2021. Started nine of 13 games his senior year and posted 34 tackles (26 solo) and led team in tackles for loss (10) and sacks (7). Forced one fumble.

PERSONAL: Attended Hopkins High School. As a senior, made 78 tackles, 10 tackles for loss and four sacks. Named to the 2016 Vikings MFCA All-Star Team and earned KARE 11 All-Metro Defense honors. Received all-state second-team defense honors. As a junior, recorded 40 tackles, three tackles for loss and one sack. Scout and 247 Sports gave him three stars, while Rivals gave him two. Scout ranked him the No. 1 defensive end in Minnesota, the no. 76 player at his position and as the No. 108 prospect in the Midwest. 247 Sports and Rivals both ranked him as the No. 5 recruit in Minnesota. Also lettered in track and field.

BOYE MAFE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	17	3	38	27	11	3	10	3.0	8.0	4	0	0	0	0	0	0	0	0	0	3	1	2	0	0	0	0
2023	Seahawks	16	16	52	35	17	9	63	9.0	65.0	16	0	0	0	0	6	1	2	0	3	0	0	0	0	0	0	0
2024	Seahawks	15	11	40	25	15	8	64	6.0	59.0	12	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**48**	**30**	**130**	**87**	**43**	**20**	**137**	**18.0**	**132.0**	**32**	**0**	**0**	**0**	**0**	**9**	**2**	**2**	**0**	**3**	**3**	**1**	**2**	**0**	**0**	**0**	**0**

BOYE MAFE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**2**	**2**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BOYE MAFE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. Cleveland Browns, Oct 29, 2023	**Fumble Recoveries**	1 at Baltimore Ravens, Nov 05, 2023
Solo Tackles	5 at Tennessee Titans, Dec 24, 2023		...1 more at 1.
	...1 more at 5.	**Tackles For Loss**	2 vs. Denver Broncos, Sep 08, 2024
Sacks	2.0 at Tennessee Titans, Dec 24, 2023		...1 more at 2.
Passes Defensed	2 at San Francisco 49ers, Nov 17, 2024	**Special Teams Tackles**	2 at Detroit Lions, Oct 02, 2022
Forced Fumbles	1 at Atlanta Falcons, Oct 20, 2024	**Longest Opp Fumble Return**	3 vs. Cleveland Browns, Oct 29, 2023
	...1 more at 1.		

62 | CENTER
FEDERICO MARANGES

Height: 6-3 | Weight: 302
College: Florida Atlantic
Season: Rookie
Born: October 5, 2001
Hometown: Dorado, Puerto Rico

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: A two-time team captain for the Owls (2023-24) who played his final two seasons at center after beginning his career at guard, starting 21 games at center and playing in 44 games in his career. In 2023, Florida Atlantic was one of nine teams nationally to start the same offensive line in every game.

PERSONAL: Prepped at Columbus High, where he joined the program after moving to Miami following Hurricane Maria in 2017. Advanced to the 2018

8A State Championship game and finished his senior year with a 14-1 record. Ranked as the no. 73 guard in the nation and 190th overall in the state of Florida by Scout.com. Held the highest GPA among those participating in the North-South Dade All-Star Game. Double major in neuroscience & biology, with a minor in psychology, and working towards his master's in biomedical sciences. Following playing career, would like to become an orthopedic surgeon.

22 | RUNNING BACK
DAMIEN MARTINEZ

Height: 6-0	Weight: 217
College:	Miami
Season:	Rookie
Born:	January 31, 2004
Hometown:	Lewisville, Texas

TRANSACTIONS:

04/26/25: Drafted by Seattle (7th round, 223rd overall)

COLLEGE: Delivered impressive first season with Hurricanes, posting first 1,000-yard campaign by Miami running back since 2016. Served as one of offense's top contributors and earned All-ACC Honorable Mention recognition. Rushed for 1,002 yards and 10 touchdowns. Caught 17 passes totaling 204 receiving yards, leading team with 1,206 all-purpose yards. Saw action in all 13 games with 10 starts and averaged 6.3 yards per carry. Spent first two seasons of career (2022-23) at Oregon State, where he delivered dominant freshman and sophomore campaigns. Selected to All-Pac 12 first-team in both seasons and was semifinalist for Doak Walker Award in 2023. Racked up 2,167 yards on 355 attempts in his two seasons, averaging 6.1 yards per carry and totaling 16 rushing scores. Had six 100-yard rushing performances in 2023. Selected to 247Sports True Freshman All-America Team in 2022, when he had 982 yards on 161 carries with seven touchdowns. Ranked fourth nationally among all freshmen in rushing yards and had six consecutive 100-yard games.

PERSONAL: Three-star prospect by 247Sports and Rivals coming out of Lewisville High. The two-time team captain was named all-state and all-district running back, earning district offensive player of the year honors. Had 1,712 yards with 26 touchdowns in final season, leading Lewisville to 11-2 record. Scored 31 touchdowns with 2,010 rushing yards as junior. Also competed in track & field.

DAMIEN MARTINEZ'S COLLEGE RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Oregon St.	13	5	161	982	6.1	50	7	4	61	15.3	30	0
2023	Oregon St.	13	12	194	1,185	6.1	64	9	11	126	11.5	25	0
2024	Miami (FL)	13	10	159	1,002	6.3	75	10	17	204	12.0	36	0
TOTALS		**39**	**27**	**514**	**3,169**	**6.2**	**75**	**26**	**32**	**391**	**12.2**	**36**	**0**

25 | RUNNING BACK
KENNY McINTOSH

Height: 6-0	Weight: 211
College:	Georgia
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	March 3, 2000
Hometown:	Ft. Lauderdale, Fla.

TRANSACTIONS:

04/29/23: Drafted by Seattle (7th round, 237th overall)
09/09/23: Placed on IR (knee)
11/11/23: Activated from IR

NFL CAREER HIGHLIGHTS:

• Saw increased play time in 2024 as the season progressed, carrying the ball 31 times for 172 yards (5.5 avg.).

• Suffered a knee injury in 2023 training camp and was limited to three games his rookie season.

COLLEGE: Started 15 of 49 games played for the Bulldogs, leading the back-to-back national champions in rushing yards (829) and tying for the team-lead with 10 rushing touchdowns. Started 14 of 15 games played in his final season. Ranked third among FBS running backs with 504 receiving yards. Recorded a career-high 143 rush yards vs Kentucky. Was one of two players with 500-plus rush yds and 500-plus rec yds in 2022 (Evan Hull, Northwestern). Was the only FBS running back in the PFF era (since 2014) with 75-plus career targets and no drops.

PERSONAL: Attended University School. Was a 247Sports.com four-star prospect, ranked as the #179 overall prospect nationally, the no 10 running back prospect nationally and the no 25 prospect in Florida. As a senior, recorded 1,345 rushing yards on 199 carries, with 19 rushing touchdowns and accumulated 1,261 yards rushing and 14 touchdowns in his junior campaign. Earned consecutive selections to the Miami Herald All-Broward Class 5A-Independent first-team as a junior and sophomore. Named to the MaxPreps 2015 Freshman All-American First Team defense as a defensive back. Older brothers, RJ and Deon, played collegiately at Miami and Notre Dame and Washington State, respectively. RJ played two seasons with the N.Y. Giants (2018-19). Majored in communication studies.

KENNY MCINTOSH'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	3	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	17	0	31	172	5.5	25	0	3	22	7.3	15	0
NFL TOTALS		**20**	**0**	**31**	**172**	**5.5**	**25**	**0**	**3**	**22**	**7.3**	**15**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2024 (3); **Career**: 3.

KENNY MCINTOSH'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	7 at Los Angeles Rams, Jan 05, 2025 ...2 more at 7.	**All-Purpose Yards**	120 vs. Minnesota Vikings, Dec 22, 2024
		Kickoff Returns	3 vs. Minnesota Vikings, Dec 22, 2024
Rushing Yards	49 at Los Angeles Rams, Jan 05, 2025	**Kickoff Return Yards**	91 vs. Minnesota Vikings, Dec 22, 2024
Rushing Average	7.0 at Los Angeles Rams, Jan 05, 2025	**Longest Kickoff Return**	36 vs. Minnesota Vikings, Dec 22, 2024
Longest Runs	25 at Chicago Bears, Dec 26, 2024	**Kickoff Return Average**	30.3 vs. Minnesota Vikings, Dec 22, 2024
Receptions	2 at Arizona Cardinals, Dec 08, 2024	**Special Teams Tackles**	1 at New York Jets, Dec 01, 2024 ...1 more at 1.
Receiving Yards	7 at Arizona Cardinals, Dec 08, 2024		
Longest Receptions	15 vs. Minnesota Vikings, Dec 22, 2024	**Scrimmage Yards**	49 at Los Angeles Rams, Jan 05, 2025

KENNY MCINTOSH'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	P	3	11	3.7	6	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	29-42
10/06	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-29
10/10	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	P	1	5	5.0	5	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-31
11/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-21
12/08	at Cardinals	P	7	38	5.4	16	0	2	7	3.5	5	0	W	30-18
12/15	Packers	P	3	9	3.0	5	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	P	3	14	4.7	9	0	1	15	15.0	15	0	L	24-27
12/26	at Bears	P	7	46	6.6	25	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	7	49	7.0	12	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**17-0**	**31**	**172**	**5.5**	**25**	**0**	**3**	**22**	**7.3**	**15**	**0**	**10-7**	

+ - Overtime

KENNY MCINTOSH'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams						INJURED RESERVE						L	13-30
09/17	at Lions						INJURED RESERVE						W	37-31+
09/24	Panthers						INJURED RESERVE						W	37-27
10/02	at Giants						INJURED RESERVE						W	24-3
10/15	at Bengals						INJURED RESERVE						L	13-17
10/22	Cardinals						INJURED RESERVE						W	20-10
10/29	Browns						INJURED RESERVE						W	24-20
11/05	at Ravens						INJURED RESERVE						L	3-37
11/12	Commanders						ON INACTIVE LIST						W	29-26
11/19	at Rams						ON INACTIVE LIST						L	16-17
11/23	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-31
11/30	at Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	L	35-41
12/10	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-28
12/18	Eagles						ON INACTIVE LIST						W	20-17
12/24	at Titans						DID NOT PLAY (NON-INJURY)						W	20-17
12/31	Steelers						ON INACTIVE LIST						L	23-30
01/07	at Cardinals						ON INACTIVE LIST						W	21-20
2023 TOTALS		**3-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime

98 | DEFENSIVE END

RYLIE MILLS

Height: 6-5
Weight: 296
College: Notre Dame
Season: Rookie
Born: August 20, 2001
Hometown: Lake Bluff, Ill.

TRANSACTIONS:

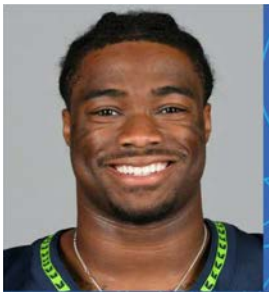
04/26/25: Drafted by Seattle (5th round, 142nd overall)

COLLEGE: Mills ranked tied for ninth all-time in career sacks at Notre Dame with 17.0, and was the 14th Notre Dame player to record 15.0 or more sacks in his career. Was a 2024 team captain for the Fighting Irish that reached the national title game and was named second team All-American by ESPN and The Sporting News. Posted the best game of his career in the dominant 52-3 win over Florida State in 2024, posting 3.0 sacks and five tackles. Started 35 games and appeared in 39 over the past three seasons, recording 108 tackles, 13.5 sacks and 20 tackles for loss over that span, including 7.5 sacks and 8.5 tackles for loss last in his final season.

PERSONAL: A four-star recruit by 247Sports, Rivals and ESPN.com coming out of Lake Forest High. Was ranked the no. 161 overall player nationally, no. 9 strong-side defensive end nationally and no. 3 player from Illinois by Rivals. In just seven games in 2019, posted 45 tackles, 14 tackles for loss and five sacks. Was named to the 2019 News-Gazette All-State football team. Also participated in track & field, competing in the shot put and discus. Enrolled early at Notre Dame, beginning in the spring semester of 2020.

RYLIE MILLS' COLLEGE DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Notre Dame	9	1	7	2	5	2.0	8.0	0.5	4.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Notre Dame	13	0	16	8	8	3.0	20.0	3.0	20.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Notre Dame	13	9	24	8	16	6.0	31.0	3.5	27.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Notre Dame	13	13	47	22	25	5.5	29.0	2.5	19.0	4	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2024	Notre Dame	13	13	37	19	18	8.5	60.0	7.5	59.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTALS		**61**	**36**	**131**	**59**	**72**	**25.0**	**148.0**	**17.0**	**129.0**	**11**	**0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



6 | QUARTERBACK

JALEN MILROE

Height: 6-2	Weight: 216
College:	Alabama
Season:	Rookie
Born:	December 13, 2002
Hometown:	Katy, Texas

TRANSACTIONS:

04/25/25: Drafted by Seattle (3rd round, 92nd overall)

COLLEGE: Selected a team captain for a second consecutive year in 2024. Averaged 199.8 yards per game in his career to rank third in Alabama history behind only Bryce Young and Tua Tagovailoa. Accumulated 7,593 career total yards to rank fifth in program history, and recorded 78 career touchdowns (45 passing, 33 rushing) to rank fourth in Crimson Tide history. Finished with 6,016 passing yards and 45 passing touchdowns, the seventh-most in program history for both categories. Totaled 33 career rushing touchdowns to tie for eighth in Alabama history. Received the William V. Campbell Trophy, college football's top academic award. In his final season in 2024, recorded 36 total touchdowns (16 passing, 20 rushing) to tie for fourth in a single season at Alabama. Milroe averaged 15.2 yards per completion in 2023, which ranked seventh among FBS quarterbacks, threw 23 touchdowns passes against six interceptions, and was a finalist for the Manning Award (nation's top quarterback), while also leading the team with 12 rushing touchdowns.

PERSONAL: One of the top dual-threat quarterbacks in the nation and a consensus four-star prospect at Tompkins High School. Ranked 81st nationally on the 247Composite where he was the No. 4 dual-threat quarterback and the No. 13 player in the state of Texas. Selected to the Under Armour All-America Game roster. Led his team to a 9-0 record in 2020 with 1,136 passing yards and 13 touchdowns while rushing for 259 yards and four scores. As a junior in 2019, he passed for 2,689 yards and 29 touchdowns while rushing for 300 yards and seven scores.

JALEN MILROE'S COLLEGE PASSING/RUSHING STATISTICS

				PASSING										RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	NO.	YDS.	AVG.	LG	TD
2021	Alabama	6	0	7	3	42.9	41	5.9	1	0	24	2	9	15	57	3.8	15	0
2022	Alabama	9	1	53	31	58.5	297	5.6	5	3	35	4	25	31	263	8.5	77	1
2023	Alabama	14	13	284	187	65.8	2,834	10.0	23	6	79	44	328	161	531	3.3	53	12
2024	Alabama	13	13	319	205	64.3	2,844	8.9	16	11	84	23	180	168	726	4.3	72	20
TOTALS		**42**	**27**	**663**	**426**	**64.3**	**6,016**	**9.1**	**45**	**20**	**84**	**73**	**542**	**375**	**1,577**	**4.2**	**77**	**33**

94 | DEFENSIVE END
MIKE MORRIS

Height: 6-6 | Weight: 306
College: Michigan
Seasons: NFL : 3rd, Seahawks 3rd
Born: April 22, 2001
Hometown: Belle Glade, Fla.

TRANSACTIONS:

04/29/23: Drafted by Seattle (5th round, 151st overall)
09/20/23: Placed on IR (shoulder)

NFL CAREER HIGHLIGHTS:

• Played in 16 games in a reserve role along the defensive line and on special teams.

• Was placed on injured reserve (shoulder) following Week 1 vs. the L.A. Rams.

COLLEGE: Was a three-year letterman, three-time Academic All-Big Ten (2020-22), 2022 Second-Team All-American, 2022 All-Big Ten first team, 2022 Big Ten Defensive Lineman of the Year, 2022 Richard Katcher Award winner as UM's top defensive lineman or outside linebacker and a 2022 Bednarik Award semifinalist. Appeared in 27 games with 16 starts during his career. Registered 40 tackles, 12.0 tackles for loss, 8.0 sacks, one interception and three pass breakups.

PERSONAL: Attended American Heritage High. Registered 89 tackles as a senior, including 25 tackles for loss, five sacks, two forced fumbles, two fumble recoveries and blocked a punt which he returned for a touchdown. Recorded 84 tackles, 31 tackles for loss, and four sacks as a junior. Tallied 13 sacks as a freshman. Was a 247Sports three-star, the No. 390 prospect nationally, and the No. 48 player in Florida. Palm Beach all-county honoree (2015-18) and a member of Palm Beach Post and Sun-Sentinel Super 11 lists in 2018. Was a two-time all-area first team (2017-18). Son of Mike Morris Sr. and Melanie Balen-Morris, Father was an offensive lineman at Florida State. Majored in communications and media.

MIKE MORRIS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	1	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	15	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0
NFL TOTALS		**16**	**0**	**6**	**4**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

MIKE MORRIS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Los Angeles Rams, Sep 10, 2023	**Special Teams Tackles**	1 vs. Los Angeles Rams, Nov 03, 2024
Solo Tackles	2 vs. Los Angeles Rams, Sep 10, 2023		...1 more at 1.

91 | DEFENSIVE TACKLE
BYRON MURPHY II

Height: 6-0	Weight: 306
College:	Texas
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	September 8, 2002
Hometown:	DeSoto, Texas

TRANSACTIONS:

04/25/24: Drafted by Seattle (1st round, 16th overall)

NFL CAREER HIGHLIGHTS:

• Started nine of 14 games played during his rookie season of 2024. Tallied 0.5 sack at New England (9/15/24) and career-high six tackles vs. the L.A. Rams (11/3/24).

COLLEGE: Was a three-year defensive lineman who played in 39 games with 16 starts. Named a 2023 second-team All-American by the Associated Press and Sporting News, while being the Big 12 Defensive Lineman of the Year. Earned honorable mention Big 12 Defensive Freshman of the Year in 2021, and selected to the Academic All-Big 12 first-team in 2022. Was a second-team AP All-American and the Big 12 Conference Defensive Lineman of the Year following his junior year in 2023. A first-team All-Big 12 selection, Murphy started all 14 games, compiling 29 tackles, 8.5 tackles for loss and 4.5 sacks while also scoring two touchdowns on offense, one rushing and one receiving.

PERSONAL: An all-state and two-time all-district honoree and four-year varsity letterman at DeSoto High School. Ranked as the No. 20 defensive tackle and No. 44 player in the state of Texas by 247Sports, the No. 27 defensive tackle and No. 48 player in the state, per Rivals and slotted at No. 33 among his position and No. 75 in the state of Texas by ESPN ... ranked the No. 2 defensive tackle and No. 36 overall in the state by Dave Campbell's Texas Football. Chosen first-team All-District 11-6A after compiling 79 tackles, 22 tackles for loss, 14 sacks, 14 pressures, one fumble recovery and one forced fumble as a senior. Helped DeSoto to an 10-2 overall record, including a 5-1 district mark, and an appearance in the 6A Division 1 quarterfinals in 2020. Selected first-team 6A All-State by the Associated Press and honorable mention by the Texas Sports Writers Association in 2019. Majored in sport management.

BYRON MURPHY II'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES					ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Seahawks	14	9	36	12	24	2	3	0.5	4.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14**	**9**	**36**	**12**	**24**	**2**	**3**	**0.5**	**4.5**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BYRON MURPHY II'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. Los Angeles Rams, Nov 03, 2024	**Sacks**	0.5 at New England Patriots, Sep 15, 2024
Solo Tackles	3 vs. Buffalo Bills, Oct 27, 2024	**Tackles For Loss**	1 at Atlanta Falcons, Oct 20, 2024
			...1 more at 1.

5 | KICKER
JASON MYERS

Height: 5-10	**Weight: 190**
College:	**Marist**
Seasons:	**NFL : 11th, Seahawks 7th**
Born:	**May 12, 1991**
Hometown:	**Chula Vista, Calif.**

PRO BOWL '18 PRO BOWL '22

TRANSACTIONS:

03/03/15: Signed with Jacksonville as a UDFA
10/17/17: Released by Jacksonville
01/03/18: Signed by Seattle as a FA
08/20/18: Released by Seattle
08/21/18: Claimed off waivers by N.Y. Jets
03/13/19: Signed by Seattle as UFA
01/18/23: Signed contract extension

NFL CAREER HIGHLIGHTS:

• Ranks tied for second in club history in field goals made (159), third in points scored (721), and third in field goal percentage (86.4%, 159 for 184).

• Six career game-winning kicks.

• Made a franchise record and career-high nine 50-yard field goals in 2024, and ranks first in franchise history in 50-yard field goals made (26). Attempted the longest field goal in franchise history (62, SH) at Detroit (9/30/24), and converted a 59-yarder at Atlanta (10/20/24), the second-longest field goal of his career and club history.

• During the 2023 season, made a career-high 35 field goals, setting Seattle's single-season record. Made every PAT (33 for 33) for the first time in his career. Tied (Olindo Mare) the franchise record with five made field goals in a single-game vs. Carolina (9/24/23) and vs. Washington (11/12/23), also joining Mare as the only Seahawks kickers to make five field goals in a game twice in one season.

• Made a field goal in 26 consecutive games dating back to 2022, the longest streak in franchise history, before being snapped at Dallas (11/30/23).

• Myers connected on a franchise-record tying (Todd Peterson) 34 of 37 field goal attempts (.919, 6th NFL) in 2022, and along with his 41 PATs, led the league with a career-high 143 points. Finished regular season with at least one field in 15-consecutive games, the second-longest streak in franchise history. Also had a streak of 24 consecutive field goals made during the season. Was voted to the Pro Bowl and named to the inaugural NFLPA All-Pro Team and to the PFWA All-NFC Team.

• Facing San Francisco (12/15/22), Myers tied Steven Hauschka's 2015 franchise record for most 50 yarders in a single season with six.

• Made a franchise-record 37 consecutive field goals from 11/11/19 - 9/26/21. It was tied for the fifth-longest streak in NFL history at the time. At Minnesota (9/26/21), connected on a 53-yard field goal, extending his franchise-record to 37-consecutive field goals made but the steak ended on a 44-yard attempt (WL) later in the game.

• His 100% accuracy (24 for 24) in 2020, made him the sixth kicker in NFL history to convert all his field goal attempts in a single season (min. 15 att.).

• Ended the 2020 season connecting on a club-record 35 consecutive field goals dating back to 2019, converting all 24 in 2020. Connected on a career-long and franchise-record 61-yard field goal at the L.A. Rams (11/15/20).

• Named to the Pro Bowl after his lone season with the N.Y. Jets in 2018, making 33 of 36 field-goal attempts, including six of seven from 50-plus yards, including an NFL record five makes of 55-plus yards, and 30 of 33 extra points.

• Played in 38 games for the Jaguars from 2015-17, converting 64 of 79 field goals (81.0%) with a long of 58 and made 76 of 88 PATs.
• Spent time with Arizona and San Jose of the Arena Football League in 2014.

HONORS: 2023: NFC Special Teams Player of the Week 10; 2022: NFLPA All-Pro, PFWA All-NFL Team, NFC Pro Bowl. 2018: AFC Pro Bowl.

COLLEGE: Four-year letterman (2009-12) who also served as team's punter as a senior. As a senior, made 5 of 10 field goals in final season with a long of 40 yards and averaged 39.0 yards on 56 punts with 16 downed inside the 20.

PERSONAL: Attended Mater Dei Catholic High. Four-year letterman in football and soccer and also played baseball. Named Mesa Kicker of the Year as a senior and named South Bay Kicker of the Year as a junior. Played on the state championship soccer team as a senior and was named San Diego Division IV CIF Player of the Year. Married to wife, Katie, with two daughters.

JASON MYERS' NFL REGULAR SEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2015	Jaguars	16	26	30	86.7	58	32	39	82.1	1	110
2016	Jaguars	16	27	34	79.4	56	29	32	90.6	2	110
2017	Jaguars	6	11	15	73.3	47	15	17	88.2	0	48
2018	Jets	16	33	36	91.7	56	30	33	90.9	0	129
2019	Seahawks	16	23	28	82.1	54	40	44	90.9	0	109
2020	Seahawks	16	24	24	100.0	61	49	53	92.5	0	121
2021	Seahawks	17	17	23	73.9	53	44	47	93.6	0	95
2022	Seahawks	17	34	37	91.9	56	41	42	97.6	0	143
2023	Seahawks	17	35	42	83.3	55	33	33	100.0	0	138
2024	Seahawks	17	26	30	86.7	59	37	40	92.5	1	115
NFL TOTALS		**154**	**256**	**299**	**85.6**	**61**	**350**	**380**	**92.1**	**4**	**1,118**

JASON MYERS' NFL POSTSEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2017	Jaguars	0	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	2	2	4	50.0	49	4	4	100.0	1	10
2020	Seahawks	1	2	2	100.0	52	2	2	100.0	0	8
2022	Seahawks	1	1	1	100.0	56	2	2	100.0	0	5
NFL TOTALS		**4**	**5**	**7**	**71.4**	**56**	**8**	**8**	**100.0**	**1**	**23**

JASON MYERS' NFL REGULAR SEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2015	Jaguars	0-0	0.0	9-10	90.0	8-8	100.0	6-8	75.0	3-4	75.0
2016	Jaguars	0-0	0.0	7-7	100.0	3-4	75.0	10-11	90.9	7-12	58.3
2017	Jaguars	0-0	0.0	4-4	100.0	2-3	66.7	5-5	100.0	0-3	0.0
2018	Jets	0-0	0.0	4-4	100.0	13-14	92.9	10-11	90.9	6-7	85.7
2019	Seahawks	0-0	0.0	6-6	100.0	11-11	100.0	4-7	57.1	2-4	50.0
2020	Seahawks	0-0	0.0	2-2	100.0	7-7	100.0	13-13	100.0	2-2	100.0
2021	Seahawks	0-0	0.0	2-2	100.0	9-11	81.8	3-5	60.0	3-5	60.0
2022	Seahawks	0-0	0.0	9-9	100.0	15-16	93.8	4-6	66.7	6-6	100.0
2023	Seahawks	0-0	0.0	8-8	100.0	11-12	91.7	12-14	85.7	4-8	50.0
2024	Seahawks	0-0	0.0	4-4	100.0	6-6	100.0	7-8	87.5	9-12	75.0
NFL TOTALS		**0-0**	**0.0**	**55-56**	**98.2**	**85-92**	**92.4**	**74-88**	**84.1**	**42-63**	**66.7**

JASON MYERS' NFL POSTSEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2017	Jaguars	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0
2019	Seahawks	0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	0-1	0.0
2020	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	2-2	100.0
2022	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	1-1	100.0
NFL TOTALS		**0-0**	**0.0**	**0-0**	**0.0**	**0-1**	**0.0**	**2-2**	**100.0**	**3-4**	**75.0**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (2), 2021 (4), 2022 (3), 2024 (1); Career: 12.

JASON MYERS' SINGLE-GAME HIGHS: KICKER

Field Goals Made 7 vs. Indianapolis Colts, Oct 14, 2018

Field Goal Attempts 7 vs. Indianapolis Colts, Oct 14, 2018

Longest Field Goals Made 61 at Los Angeles Rams, Nov 15, 2020

Longest Field Goal Attempts 62 at Detroit Lions, Sep 30, 2024

PATs Made 6 at Detroit Lions, Oct 02, 2022
...3 more at 6.

PAT Attempts 7 vs. Indianapolis Colts, Dec 13, 2015

Points 24 vs. Indianapolis Colts, Oct 14, 2018

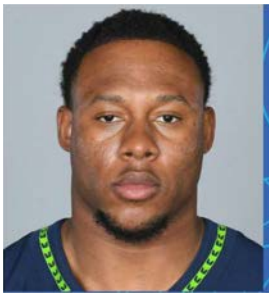
Special Teams Tackles 1 vs. San Francisco 49ers, Dec 15, 2022
...14 more at 1.

Kickoff Average 68.0 vs. Miami Dolphins, Sep 20, 2015

Extra Point Attempt Percentage 100.0 at Dallas Cowboys, Nov 30, 2023
...8 more at 100.0.

Field Goal Percentage 100.0 vs. Washington Commanders, Nov 12, 2023
...7 more at 100.0.

Touchbacks 9 at Detroit Lions, Sep 10, 2018
...2 more at 9.



7 | LINEBACKER
UCHENNA NWOSU

Height: 6-2	Weight: 265
College:	USC
Seasons:	NFL : 8th, Seahawks 4th
Born:	December 28, 1996
Hometown:	Carson, Calif.
Pronunciation:	oo-CHEN-uh noo-WOE-soo

TRANSACTIONS:

04/27/18: Drafted by L.A. Chargers (2nd round, 48th overall)
03/16/22: Signed by Seattle as UFA
10/26/23: Placed on IR (pec)
10/10/24: Placed on IR (thigh)
12/05/24: Activated from reserve

NFL CAREER HIGHLIGHTS:

• Returning from thigh injury suffered in 2023, 2024 season was limited to six games and two starts.

• Was named the Seahawks 2024 nominee for the Walter Payton NFL Man of the Year Award.

• Tied career-high with 2.0 sacks and forced second fumble of 2023 at the N.Y. Giants (9/24/23). Part of defensive unit that set a franchise record with 11.0 sacks at New York. It was the sixth time since sacks became an official stat in 1982 that a team had four players with 2.0 sacks each in a single game. Season was cut short to six games due to injury (pec).

• In his first season with Seattle in 2022, led team with career-high 26 quarterback hits (T9th NFL) and tied (Darrell Taylor) for team-lead with career-high 9.5 sacks.

• Earned NFC Defensive Player of the Week 1 honors after posting seven tackles (three solo), 1.0 sack, two quarterback hits, one pass defensed, and forced a fumble at Seattle's 1-yard line vs. Denver (9/12/22). Was part of a defense that held Denver without a touchdown on three different possessions inside their own 10-yard line.

• Had a career-year in 2021, starting 15 of 17 games played for the Chargers. Set career-highs with 39 tackles (24 solo), 5.0 sacks, eight tackles for loss, one interception, four passes defensed, two forced fumbles, one fumble recovery and 17 quarterback hits.

• Was named the Chargers Walter Payton NFL Man of the Year Award nominee in 2019.

HONORS: 2022: NFC Defensive Player of the Week 1.

COLLEGE: Played four seasons (2014-17) at Southern California, playing 52 career games with 28 starts. Recorded 168 tackles, 20.5 tackles for loss, 12.5 sacks, 20 passes defensed, one interception, a forced fumble and a recovery. Named first-team All-Pacific-12 by The Associated Press and the Pac-12 coaches before being invited to the Reese's Senior Bowl after his senior campaign. Also recognized as a first-team All-American by Sports On Earth. In 2017 as a senior, started all 14 games while posting career highs with 75 tackles, 11.5 tackles for loss and 9.5 sacks. Added 13 passes defensed, an interception and a fumble recovery. With 13 deflections, set the most in a single season by a Trojan since 2003. Named Southern California's Co-Most Valuable player and Co-Lifter of the Year as a senior. As a junior, named the team's John McKay Award winner, which is given annually to the Trojan underclassman with the most competitive spirit.

PERSONAL: Played at Narbonne High in Harbor City, Calif., earning PrepStar All-West and first-team All-L.A. City Division I honors. Named first-team All-South Bay by the South Bay Daily Breeze and first-team All-Marine League as a senior in 2013. Closed out his senior campaign with 121 tackles, three interceptions, 12 passes defensed, a forced fumble and a recovery. Lettered three years in football and four in basketball, becoming a starter on the basketball team as a sophomore. Given name is Anon Uchenna Nwosu Jr. of Nigerian descent. Family friends with former All-Pro CB Nnamdi Asomugha. Active in personal and L.A. Chargers community initiatives, earning recognition for his efforts on and off the field in the 2019 season from the Los Angeles Sports Council as the Mayor's Community Athlete of the Year. Earned a degree in political science from Southern California.

UCHENNA NWOSU'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2018	Chargers	16	3	18	12	6	3	13	3.5	15.5	10	0	0	0	0	1	0	0	0	0	10	6	4	0	0	0	0
2019	Chargers	16	3	27	21	6	5	19	2.0	18.0	7	0	0	0	0	1	1	0	0	0	4	2	2	0	0	0	0
2020	Chargers	13	4	30	17	13	5	25	4.5	26.0	11	0	0	0	0	2	0	0	0	0	3	3	0	0	0	0	0
2021	Chargers	17	15	40	24	16	8	32	5.0	36.0	17	1	2	2	0	4	2	1	0	0	0	0	0	0	0	0	0
2022	Seahawks	17	17	66	42	24	12	56	9.5	62.5	26	0	0	0	0	4	3	2	0	4	0	0	0	0	0	0	0
2023	Seahawks	6	6	16	12	4	4	17	2.0	14.0	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	6	2	14	8	6	1	14	1.0	14.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**91**	**50**	**211**	**136**	**75**	**38**	**176**	**27.5**	**186.0**	**82**	**1**	**2**	**2**	**0**	**13**	**8**	**3**	**0**	**4**	**17**	**11**	**6**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2018	Chargers	2	0	5	4	1	1	1	1.0	18.0	0	0	0	0	0	0	1	0	0	0	2	1	1	0	0	0	0
2022	Seahawks	1	1	3	3	0	3	5	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**1**	**8**	**7**	**1**	**4**	**6**	**1.0**	**18.0**	**1**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. Denver Broncos, Sep 12, 2022 ...1 more at 7.
Solo Tackles	6 at Las Vegas Raiders, Jan 09, 2022
Sacks	2.0 at New York Giants, Oct 02, 2023 ...4 more at 2.0.
Passes Defensed	2 vs. Kansas City Chiefs, Dec 16, 2021 ...1 more at 2.
Forced Fumbles	1 at New York Giants, Oct 02, 2023 ...7 more at 1.
Fumble Recoveries	1 vs. New York Jets, Jan 01, 2023 ...2 more at 1.
Tackles For Loss	4 at Las Vegas Raiders, Jan 09, 2022
Interceptions	1 vs. Kansas City Chiefs, Dec 16, 2021
Interception Return Yards	2 vs. Kansas City Chiefs, Dec 16, 2021
Special Teams Tackles	2 vs. San Francisco 49ers, Sep 30, 2018 ...1 more at 2.
Longest Opp Fumble Return	4 vs. New York Jets, Jan 01, 2023

52 | LINEBACKER
PATRICK O'CONNELL

Height: 6-1 | Weight: 231
College: Montana
Seasons: NFL : 3rd, Seahawks 3rd
Born: December 31, 1998
Hometown: Kalispell, Mont.

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA
08/29/23: Released by Seattle
08/30/23: Signed to Seattle's PS
12/09/23: Gameday activation
12/11/23: Reverted to Seattle's PS
12/30/23: Signed to active roster
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
09/21/24: Gameday activation
09/23/24: Reverted to Seattle's PS
11/16/24: Gameday activation
11/18/24: Reverted to Seattle's PS
11/23/24: Gameday activation
11/25/24: Reverted to Seattle's PS
11/27/24: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Saw action in five games on special teams in 2024; three as a practice squad elevation prior to being signed to the active roster in November.

• Spent majority of 2023 season on Seattle's practice squad. Made his NFL debut vs. Pittsburgh (12/31/23) on special teams.

COLLEGE: Completed a storied career at the University of Montana, finishing with a career total of 242 tackles, 45 tackles for loss, 28.5 sacks, two interceptions, five forced fumbles, and four fumble recoveries. His 28.5 sacks rank sixth in school history and his 45 tackles for loss are the fourth most in the program's history. Given the team's defensive MVP award in 2022 after making 73 tackles, 14 tackles for loss, and eight sacks. Named second-team All-America by STATS and Phil Steele following his senior season. Also, presented with the team's Tony Barbour Award, given annually to the player "who best exemplifies outstanding practice habits and makes an unselfish contribution to the betterment of the Grizzly Football Team. Was named the 2022 Big Sky Preseason Defensive Player of the Year after his 2021 season where he made 105 tackles, 21.5 tackles for loss, and a team leading 14 sacks. Awarded first team All-Big Sky honors at linebacker after the 2021 and 2022 seasons.

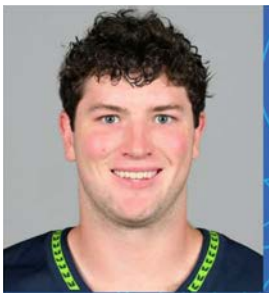
PERSONAL: Played in five state title games (three football, one baseball, and one basketball) in high school. Won the 2014 state football championship and was a member of the 2017 basketball state championship team. Football and basketball team captain as a senior and three-time baseball team captain. Selected to Montana-North Dakota and Montana East West all-star football games. First team all-state linebacker and fullback and the Montana Defense most valuable player. Posted 135 tackles with two interceptions, 18 tackles for loss, and four sacks as a senior. First team all-conference football player as a senior in 2016 and second team selection as a junior. Three-sport athlete who hit .484 with 60 RBIs and 76 hit. First team all-state baseball player. All-conference first team selection in baseball as a junior and senior.

PATRICK O'CONNELL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2024	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0
NFL TOTALS		**6**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**3**	**0**	**0**	**0**	**0**

PATRICK O'CONNELL'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles 2 at San Francisco 49ers, Nov 17, 2024



57 | LINEBACKER
CONNOR O'TOOLE

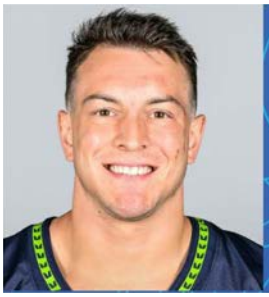
Height: 6-3 | Weight: 248
College: Utah
Season: Rookie
Born: August 27, 2002
Hometown: Albuquerque, N.M.

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Played in 44 career games with 16 starts at defensive end, after beginning his career at Utah as a wide receiver, switching to defense in the spring of 2022. During his final season in 2024, played in eight games with six starts at defensive end. Named to the Academic All-Big 12 Team. Totaled 22 tackles, five tackles for loss, 2.5 sacks and one forced fumble via a strip-sack. Finished defensive career with 104 tackles, 15 tackles for loss and 8.5 sacks in his career.

PERSONAL: Three-star recruit on 247Sports and Rivals, and rated the No. 1 recruit in the state of New Mexico out of La Cueva High. Was two-time first-team all-state and the Albuquerque Journal Metro Male Athlete of the Year as a junior for 2018-19. Missed five games his senior season due to injury, finishing with 39 receptions with 683 yards and eight receiving touchdowns. Had 43 catches for 867 yards with eight touchdowns, adding 20 carries for 211 yards and three rushing touchdowns as a junior, also had 12 tackles (four tackles for loss, and 2.0 sacks) and a blocked extra point his junior year. Helped La Cueva win the state championship in 2018. Also competed in track & field, earning Albuquerque Journal Track Athlete of the Year in 2019 after qualifying for the state meet in five events, winning the 300-meter hurdles and finishing second in the 100 meter dash.



39 | SAFETY
TY OKADA

Height: 5-11	Weight: 200
College:	Montana State
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	June 4, 1999
Hometown:	Woodbury, Minn.
Pronunciation:	oh-KAH-duh

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA
08/29/23: Released by Seattle
08/30/23: Signed to Seattle's PS
11/18/23: Gameday activation
11/20/23: Reverted to Seattle's PS
12/18/23: Gameday activation
12/19/23: Reverted to Seattle's PS
12/23/23: Gameday activation
12/25/23: Reverted to Seattle's PS
12/30/23: Signed to active roster
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
10/10/24: Gameday activation
10/11/24: Reverted to Seattle's PS
10/16/24: Signed to active roster
10/24/24: Released by Seattle
10/25/24: Signed to Seattle's PS
11/16/24: Gameday activation
11/18/24: Reverted to Seattle's PS
11/30/24: Gameday activation
12/02/24: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Saw time in four games in 2024, primarily on special teams.

• Played in five games during his rookie season of 2023. Was on Seattle's practice for a majority of the season, but saw action in four-straight games on special teams to end the season.

COLLEGE: Earned Second Team All-Big Sky honors in two consecutive seasons (2021, 2022). Started all 14 games in 2022, finishing third on the team with 72 total tackles (45 solo), including six for a loss, and three sacks. Recorded a team-high nine pass breakups. Named the team captain and Joe Tiller Coaches Choice Defensive MVP. Set career highs in tackles with 78 and interceptions with two in 2021. Awarded the College Sports Madness Big Sky Player of the Week for his performance against UNC (10 tackles, two for a loss, one interception) in 2021.

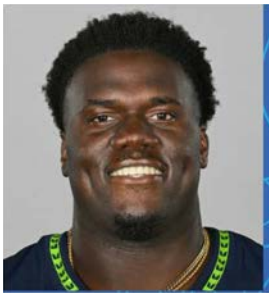
PERSONAL: A standout athlete at East Ridge High, where he was District Offensive Player of the Year as a senior quarterback. Also all-conference in baseball and wrestling.

TY OKADA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

			TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2024	Seahawks	4	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
NFL TOTALS		**9**	**0**	**2**	**1**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**2**	**0**	**0**	**0**	**0**

TY OKADA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	2 at San Francisco 49ers, Nov 17, 2024	**Special Teams Tackles**	1 at Arizona Cardinals, Jan 07, 2024



55 | CENTER
OLU OLUWATIMI

Height: 6-2	Weight: 309
College:	Michigan
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	August 5, 1999
Hometown:	Upper Marlboro, Md.
Pronunciation:	OH-loo OH-loo-wah-TIMM-ee

TRANSACTIONS:

04/29/23: Drafted by Seattle (5th round, 154th overall)

NFL CAREER HIGHLIGHTS:

• Started the final eight games of the season at center, playing in 12 total in 2024. Part of an offensive line that helped the Seahawks rush for 176 yards at Arizona (12/8/24), the most since the final week of 2022. The line also did not allow a sack for the first time since Week 18, 2023, at Arizona..

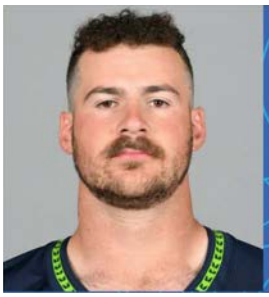
• Saw action at center on four occasions in 2023; three were in-game due to injury, and made first-career start vs. Arizona (10/2/23) in place of Evan Brown.

COLLEGE: Started 49 of 50 games played for Michigan (2022) and Virginia (2019-21). Began collegiate career at Air Force, but did not play. Won the Rimington Trophy, Outland Trophy and was named a second-team AP All-American following the 2022 season, allowing no sacks in 410 pass-block snaps. Named second-team All-ACC at Virginia (2021) and was honorable mention All-ACC in 2019.

PERSONAL: Played offensive line at DeMatha Catholic, twice being named all-conference and team captain. Named an Eastbay Freshman All-American, while playing varsity at Archbishop Carroll. Majored in economics.

OLU OLUWATIMI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2023	Seahawks	16	1
2024	Seahawks	12	8
NFL TOTALS		**28**	**9**



40 | FULLBACK
ROBBIE OUZTS

Height: 6-3	Weight: 274
College:	Alabama
Season:	Rookie
Born:	September 6, 2002
Hometown:	Rock Hill, S.C.
Pronunciation:	OOTS

TRANSACTIONS:

04/26/25: Drafted by Seattle (5th round, 175th overall)

COLLEGE: A four-year tight end/H-back at Alabama, Ouzts started 16 of 51 games in his career. In 2024, saw time in 13 games with six starts on the year. Totaled eight receptions for 108 yards and two touchdowns on the season, and was named an offensive (power) player of the week by the Alabama coaches for his efforts against South Carolina.

PERSONAL: A coveted tight end prospect out of Rock Hill High. Was a consensus top-eight player in the state of South Carolina by all major sites. ESPN.com ranked him as the No. 11 tight end nationally, and also tabbed the No. 5 player regardless of position in South Carolina by ESPN. Rivals.com listed him as the No. 8 player in South Carolina. Had 11 catches for 154 yards in 2020 after recording 32 receptions for 465 yards as a junior in 2019.

ROBBIE OUZTS' COLLEGE RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Alabama	12	0	0	0	0.0	0	0	1	8	8.0	8	0
2022	Alabama	13	3	0	0	0.0	0	0	4	43	10.8	17	0
2023	Alabama	14	7	0	0	0.0	0	0	3	33	11.0	21	1
2024	Alabama	13	6	0	0	0.0	0	0	8	108	13.5	44	2
TOTALS		**52**	**16**	**0**	**0**	**0.0**	**0**	**0**	**16**	**192**	**12.0**	**44**	**3**

95 | NOSE TACKLE
BRANDON PILI

Height: 6-3	Weight: 334
College:	USC
Seasons:	NFL : 3rd, Seahawks 2nd
Born:	April 2, 1999
Hometown:	Anchorage, Alaska
Pronunciation:	PEE-lee

TRANSACTIONS:

05/12/23: Signed by Miami as a UDFA
11/04/23: Released by Miami
11/07/23: Signed to Miami's PS
11/09/24: Released by Miami
11/11/24: Claimed off waivers by Seattle
11/16/24: Released by Seattle
11/18/24: Signed to Seattle's PS
01/04/25: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Signed to Seattle's practice squad in November 2024 and signed to the active roster in Week 18 but was inactive for the season finale.

• Appeared in 12 games over two seasons (2023-24) with the Dolphins, recording four tackles.

COLLEGE: Pili appeared in 52 career games (2017-22), recording 74 tackles, 3.5 sacks and four passes defensed, earning All-Pac-12 honorable mention honors as a freshman.

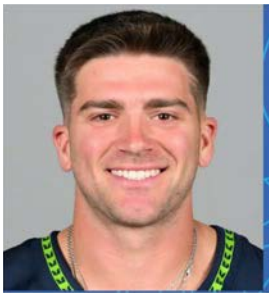
PERSONAL: Played defensive end at Westview High in Portland, Ore. after playing three seasons at Dimond High in Alaska. Also participated in wrestling and as a thrower on the track & field team. Majored in non-governmental organizations & social change.

BRANDON PILI'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Dolphins	4	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Dolphins	8	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**12**	**0**	**4**	**2**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRANDON PILI'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Dolphins	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



17 | WIDE RECEIVER
JOHN RHYS PLUMLEE

Height: 6-0	Weight: 200
College:	Central Florida
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	January 2, 2001
Hometown:	Hattiesburg, Miss.
Pronunciation:	rice plum-lee

TRANSACTIONS:

05/08/24: Signed by Pittsburgh as a UDFA
08/27/24: Released by Pittsburgh
08/30/24: Signed by Jacksonville as a FA
11/12/24: Released by Jacksonville
11/20/24: Signed to Seattle's PS
01/02/25: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Signed to Seattle's active roster in Week 18 of 2024 but was inactive for the season finale.

COLLEGE: Played three seasons at Mississippi (2019-21) and two seasons at UCF (2022-23). Played in 52 career games (29 at Mississippi and 23 at UCF) with 33 starts (10 at Mississippi and 23 at UCF). Completed 464 of 760 passes (61.1%) for 5,838 yards and 34 touchdowns. Rushed for 2,556 yards on 453 carries (5.6 avg.) and 28 touchdowns. Garnered Freshman All-America recognition from The Athletic at all-purpose position as a true freshman in 2019 at Mississippi, and named to 247Sports True Freshman All-American team. Set Mississippi freshman rushing record with 1,023 yards as well as total touchdowns with 16 (four passing, 12 rushing). His 1,023 rushing yards shattered the Mississippi record by a quarterback, passing Jeremiah Masoli's 544 rushing yards in 2010. Also played baseball for Mississippi and UCF.

PERSONAL: Was the Mississippi Class 6A High School Offensive Player of the Year as prep senior in 2018. Led Oak Grove to South State Championship and runner-up finish in 2018 state title game. Threw for 5,430 yards with 51 touchdowns and 19 interceptions throughout high school career.

JOHN RHYS PLUMLEE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

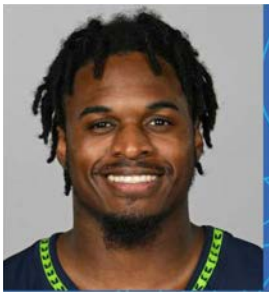
				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Steelers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Jaguars	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

JOHN RHYS PLUMLEE'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING										RUSHING					
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2024	Steelers	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2024	Jaguars	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2024	TOTAL	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**

JOHN RHYS PLUMLEE'S 2024 GXG REGULAR-SEASON STATISTICS (JAGUARS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
11/03	at Eagles		NOT ON ROSTER															L	23-28
2024 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**0-1**	



28 | CORNERBACK
NEHEMIAH PRITCHETT

Height: 6-0	Weight: 190
College:	Auburn
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	February 11, 2001
Hometown:	Jackson, Ala.

TRANSACTIONS:

04/27/24: Drafted by Seattle (5th round, 136th overall)

NFL CAREER HIGHLIGHTS:

• Played in 10 games with one start early in the 2024 season. In that start at Atlanta (10/20/24), posted a career-high five tackles.

COLLEGE: Started 40 of 54 games played in his five-year college career (2019-23). Totaled 115 tackles (81 solo), three interceptions, 26 passes defensed, becoming a full-time starter for his final four seasons.

PERSONAL: Attended Jackson High School and was a Class ASWA first-team all-state, also a consensus three-star athlete. Rated the No. 19 (Rivals and 24/7) and 25th (ESPN) prospect from the state of Alabama. Also played baseball and was a Class 5A first-team all-state outfielder. In May of 2023, was a graduate of the College of Education.

NEHEMIAH PRITCHETT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Seahawks	10	1	10	7	3	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	2	1	1	0	0	0	0
NFL TOTALS		**10**	**1**	**10**	**7**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

NEHEMIAH PRITCHETT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at Atlanta Falcons, Oct 20, 2024	**Passes Defensed**	1 vs. New York Giants, Oct 06, 2024
Solo Tackles	4 at Atlanta Falcons, Oct 20, 2024		

90 | NOSE TACKLE
JARRAN REED

Height: 6-3	**Weight: 315**
College:	**Alabama**
Seasons:	**NFL : 10th, Seahawks 8th**
Born:	**December 16, 1992**
Hometown:	**Goldsboro, N.C.**
Pronunciation:	**JARE-in**

TRANSACTIONS:

04/29/16: Drafted by Seattle (2nd round, 49th overall)
08/31/19: Suspended by Commissioner-Less than One Year
10/14/19: Suspension Lifted by Commissioner
03/16/20: Signed contract extension
03/26/21: Released by Seattle
03/31/21: Signed by Kansas City as a FA
03/23/22: Signed by Green Bay as a UFA
03/16/23: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• 50th player in franchise history to play in 100 games as a member of the Seahawks.

• Played in all 17 games with eight starts in 2024, recorded 4.5 sacks and 15 quarterback hits (second-most of career).

• Started all 16 games played in 2023 for Seattle and tallied a career-high 54 tackles (27 solo). Blocked his first-career field goal vs. the L.A. Rams (9/10/23) and led the team with 2.0 sacks, three quarterback hits and tied a career-high with eight tackles vs. Carolina (9/24/23).

• Following a season each with Kansas City (2021) and Green Bay (2022), where he started 31 of 34 games played, with 5.0 sacks and 26 quarterback hits combined.

• Started all 16 games for second time in his career with 6.5 sacks and 14 quarterback hits in 2020. Posted career-high 2.5 sacks at Buffalo (11/8/20).

• Started all 16 games in 2018 for first time in his career and finished second on the team with a career-high 10.5 sacks. It was the third-most sacks by a defensive tackle in a single-season in franchise history (Hall of Famers Cortez Kennedy, John Randle). Set career-high with 50 tackles.

• Started six of 15 games played during his rookie season of 2016.

COLLEGE: Chose to return for his senior season after an outstanding junior campaign. A junior college transfer who arrived in January of 2014 and bolstered the Alabama defensive front. Made 28 career starts in Tuscaloosa, playing in 29 career games. In his two seasons, recorded 112 tackles (49 solo), 2.0 sacks, 11 tackles for loss, one fumble recovery and seven passes defensed. Came to Alabama as one of the top junior college defensive linemen in the country after spending two seasons at East Mississippi Community College.

PERSONAL: Spent the 2011 season at Hargrave Military Academy after graduating from Goldsboro High. As a senior at Goldsboro in 2010, recorded 118 tackles with four sacks while causing a fumble, recovering a fumble and blocking a kick. Chose Alabama over Tennessee, Florida, Mississippi State, Arkansas, Ole Miss, Nebraska and Kentucky.

JARRAN REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2016	Seahawks	15	6	34	13	21	1	1	1.5	3.5	4	0	0	0	0	3	0	0	0	0	0	0	0	0	0
2017	Seahawks	15	15	45	23	22	4	8	1.5	7.5	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2018	Seahawks	16	16	50	34	16	12	77	10.5	74.0	24	0	0	0	0	0	0	2	0	2	0	0	0	0	0
2019	Seahawks	10	10	27	10	17	0	0	2.0	19.0	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2020	Seahawks	16	16	38	20	18	5	24	6.5	35.0	14	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2021	Chiefs	17	17	43	23	20	2	15	2.5	16.0	12	0	0	0	0	1	2	1	0	10	0	0	0	0	0
2022	Packers	17	14	52	29	23	5	16	2.5	20.5	14	0	0	0	0	0	1	2	0	0	0	0	0	0	0
2023	Seahawks	16	16	54	27	27	7	42	7.0	46.0	12	0	0	0	0	2	1	1	0	0	0	0	0	0	0
2024	Seahawks	17	8	45	21	24	5	43	4.5	46.0	15	0	0	0	0	2	1	0	0	0	0	0	0	0	0
NFL TOTALS		**139**	**118**	**388**	**200**	**188**	**41**	**226**	**38.5**	**267.5**	**111**	**0**	**0**	**0**	**0**	**11**	**8**	**6**	**0**	**12**	**0**	**0**	**0**	**0**	**0**

JARRAN REED'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2016	Seahawks	2	2	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	4	2	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	3	2	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	5	4	1	3	18	2.0	15.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Chiefs	3	3	13	5	8	1	5	1.0	5.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**9**	**9**	**28**	**16**	**12**	**4**	**23**	**3.0**	**20.0**	**6**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

Blocked Field Goals: 2022 (1); **Career:** 1.

JARRAN REED'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. Carolina Panthers, Sep 24, 2023
	...1 more at 8.
Solo Tackles	7 at New York Giants, Oct 22, 2017
Sacks	2.0 vs. Carolina Panthers, Sep 24, 2023
	...5 more at 2.0.
Passes Defensed	2 vs. Miami Dolphins, Sep 11, 2016
Forced Fumbles	1 vs. Minnesota Vikings, Dec 22, 2024
	...7 more at 1.
Fumble Recoveries	1 at Detroit Lions, Sep 17, 2023
	...5 more at 1.
Tackles For Loss	2 at Dallas Cowboys, Nov 30, 2023
	...7 more at 2.
Longest Opp Fumble Return	10 vs. Pittsburgh Steelers, Dec 26, 2021

32 | SAFETY
JERRICK REED II

Height: 5-9 **Weight:** 197
College: New Mexico
Seasons: NFL : 3rd, Seahawks 3rd
Born: August 7, 2000
Hometown: Olive Branch, Miss.

TRANSACTIONS:

04/29/23: Drafted by Seattle (6th round, 198th overall)
11/23/23: Placed on IR (knee)
08/27/24: Placed on reserve/physically unable to perform
10/26/24: Activated from reserve
12/14/24: Placed on IR (quadriceps)

NFL CAREER HIGHLIGHTS:

• 2024 season was cut short to just five games after beginning the year on PUP and then landing on injured reserve (quadriceps) in mid-December.

• Despite missing seven games in 2023 (knee), ranked tied for third on team with nine special teams tackles.

HONORS: 2023: PFWA All-Rookie Team.

COLLEGE: Started 36 of 41 games played during his four-year career at New Mexico (2019-22), totaling 267 tackles (164 solo), 8.5 tackles for loss, and seven interceptions. Named honorable mention All-Mountain West after the 2021 season and first-team following the 2020 season, when he led the conference with four. Helped Northwest Mississippi Community College to an 8-2 record in 2018.

PERSONAL: Lettered in football at Olive Branch High. As a senior, had 99 tackles and seven for loss as Olive Branch went 12-2 and advanced to the third round of the 6A state playoffs. Also added seven interceptions for 271 yards and eight kickoff returns for 120 yards. Named first-team all-state by The Clarion Ledger. Majored in construction management.

JERRICK REED II'S NFL REGULAR SEASON DEFENSIVE STATISTICS

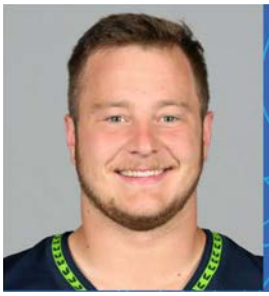
			TACKLES								INTERCEPTIONS					FUMBLES					ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	10	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	9	7	2	0	0	0	0
2024	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
NFL TOTALS		**15**	**0**	**2**	**2**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**12**	**9**	**3**	**0**	**0**	**0**	**0**

JERRICK REED II'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 at Baltimore Ravens, Nov 05, 2023
...1 more at 1.

Solo Tackles 1 at Baltimore Ravens, Nov 05, 2023
...1 more at 1.

Special Teams Tackles 2 vs. Los Angeles Rams, Nov 03, 2024
...3 more at 2.



78 | TACKLE/GUARD
MASON RICHMAN

Height: 6-5 **Weight:** 307
College: Iowa
Season: Rookie
Born: May 7, 2002
Hometown: Leawood, Kan.

TRANSACTIONS:

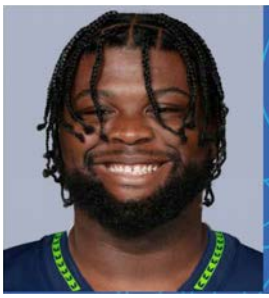
04/26/25: Drafted by Seattle (7th round, 234th overall)

COLLEGE: Started 52 of 55 games played in his career at Iowa, holding down the left tackle position for the Hawkeyes. In his final year of 2-24, was an honorable mention All-Big Ten by the coaches and media. Part of offensive line that was recognized as a semifinalist for the Joe Moore Award. Started at left tackle in all 13 games marking his 52nd career and 43rd consecutive start. Had the most career starts by an offensive lineman in the Kirk Ferentz era. Paved the way for an offense rushing for 200-plus yards in eight games, which is the most since 2015. The team's 197.2 rushing yards per game ranked third in the Big Ten and 24th nationally, and was the most for the program since 2002.

PERSONAL: Earned first-team all-state honors as a senior at Blue Valley High and was a finalist for Class 6A Defensive Player of the Year. Named second-team all-conference as a junior. Earned three letters in football while helping team advance to state playoffs in three straight seasons. Named team captain as a senior. Recorded 48 tackles in nine games as a senior, with 12 tackles for loss, three sacks and 12 pressures, in addition to five blocked kicks and recorded one safety. Also lettered in basketball. Majored in sport and recreation management.

MASON RICHMAN'S COLLEGE STATISTICS

DATE	TEAM	GP	GS
2020	Iowa	3	0
2021	Iowa	12	12
2022	Iowa	13	13
2023	Iowa	14	14
2024	Iowa	13	13
TOTALS		**55**	**52**



68 | NOSE TACKLE
JUSTIN ROGERS

Height: 6-3
Weight: 338
College: Auburn
Seasons: NFL : 2nd, Seahawks 1st
Born: September 12, 2001
Hometown: Detroit, Mich.

TRANSACTIONS:

04/27/24: Drafted by Dallas (7th round, 244th overall)
08/27/24: Released by Dallas
08/29/24: Signed to Cincinatti's PS
12/19/24: Signed to Dallas' active roster
06/18/25: Released by Dallas
07/21/25: Signed by Seattle as a FA

COLLEGE: Rogers started his collegiate career at Kentucky where he accumulated 16 starts in 33 games, totaling 60 tackles, 3.0 sacks and four tackles for loss in three seasons as a Wildcat. He transfered to Auburn for his senior campaign, playing in all 13 games, making seven starts, recording 17 tackles, a sack and two tackles for loss as a Tiger.

PERSONAL: Elite five-star prospect out of Oak Park, Mich., High School and ranked the No. 1 player in the state of Michigan by 247Sports. Named to the Detriot News Football Dream Team and the All-North Football Team in 2019. First collegiate offer came from Kentucky when he was in the eigth grade. Majored in sociology.

JUSTIN ROGERS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Bengals	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Cowboys	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

47 | LINEBACKER
JOSH ROSS

Height: 6-0	Weight: 229
College:	Michigan
Seasons:	NFL : 4th, Seahawks 2nd
Born:	October 31, 1999
Hometown:	Southfield, Mich.

TRANSACTIONS:

05/06/22: Signed by Baltimore as a UDFA
09/19/22: Placed on IR (foot)
02/13/23: Activated from reserve
08/29/23: Released by Baltimore
08/30/23: Signed to Baltimore's PS
08/27/24: Released by Baltimore
08/28/24: Signed to Baltimore's PS
09/05/24: Signed to active roster
10/22/24: Released by Baltimore
10/23/24: Claimed off waivers by Seattle
03/21/25: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Made Seattle debut on special teams vs. Buffalo (10/27/24).

• Has appeared in 12 games from 2022-24, playing 243 snaps on special teams over that span. Ross played in all seven of the Ravens games before being waived on October 22, 2024, playing 67 percent of Baltimore's special teams snaps and recording five special teams tackles, which was tied for a team high.

COLLEGE: Over his five-year (2017-21) career at Michigan, played in 50 games with 24 starts at linebacker, collecting 242 tackles (113 solo), 15.5 tackles for loss, 2.5 sacks, one interception and five passes defensed. Recorded double-digit tackles in seven career games, and was a two-time team captain for the Wolverines (2020-21). As a graduate student in 2021, earned third-team All-Big Ten honors after starting all 14 games and leading the team with a career-best 106 tackles, including nine tackles for loss and a half-sack. Won the Roger Zatkoff Award as Michigan's top linebacker. Shared the Robert P. Ufer Bequest with Brad Robbins, honoring the senior who best demonstrated the most enthusiasm and love for Michigan.

PERSONAL: Prepped at St. Mary's Prep (Detroit, Mich.) High, where he helped lead the team to three consecutive MHSAA D-III State Championships (2014-16). As a senior, recorded 136 tackles (78 solo), 19 tackles for loss, 12.5 sacks, three forced fumbles, three fumble recoveries and one interception. Earned 2016 MLive Detroit Defensive Player of the Year and 2016 MLive Detroit Defensive Dream Team honors in his senior year. As a junior in 2015, registered 173 tackles (110 solo), 22 tackles for loss, nine forced fumbles, 8.0 sacks and three interceptions. Was a two-time selection to The Detroit News All-State Dream Team (2015-16).

JOSH ROSS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Ravens	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0
2023	Ravens	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Ravens	7	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	3	2	0	0	0	0
2024	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2024	TOTAL	8	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	9	5	4	0	0	0	0
NFL TOTALS		**13**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**11**	**6**	**5**	**0**	**0**	**0**	**0**

JOSH ROSS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Ravens	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOSH ROSS' SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles	2 vs. Las Vegas Raiders, Sep 15, 2024

38 | FULLBACK
BRADY RUSSELL

Height: 6-3 | Weight: 250
College: Colorado
Seasons: NFL : 3rd, Seahawks 3rd
Born: August 31, 1998
Hometown: Fort Collins, Colo.

TRANSACTIONS:

05/05/23: Signed by Philadelphia as a UDFA
08/29/23: Released by Philadelphia
08/30/23: Signed to Philadelphia's PS
09/07/23: Released by Philadelphia
09/08/23: Signed to Philadelphia's PS
09/20/23: Signed to Seattle's active roster
01/02/25: Placed on IR (foot)

NFL CAREER HIGHLIGHTS:

• Led the Seahawks with 10 special teams tackles in 2024.

• Saw action primarily on special teams in 2023, finishing sixth on the team with seven special teams tackles.

COLLEGE: Enjoyed a five-year collegiate career at Colorado (2018-22). A team captain who finished his time with the Buffaloes with 799 yards and three touchdowns on 67 receptions (10.2 avg.) in 49 games (37 starts). Honored on the All-Pac-12, John Mackey Award and East-West Shrine Game 1,000 preseason watch lists in 2022. During the 2021 season, became the first tight end in Colorado history to lead the team in both catches (25) and yards (307) in 15 years.

PERSONAL: Has several military ties with his immediate family. Originally born on Camp Pendleton Marine Corps Base, where his father, Randy, was stationed. His brother, Tyler, also served in the Naval Academy. Comes from a family of athletes as well. His father, and uncle, Marc Booth, played football at Arkansas, and his brother was an indoor and outdoor high jumper at Navy. His uncle, Matt Russell, who currently serves as the Eagles senior personnel director/advisor to the general manager, was an All-American linebacker at Colorado who was chosen by Detroit in the 4th round (130th overall) of the 1997 NFL Draft.

BRADY RUSSELL'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

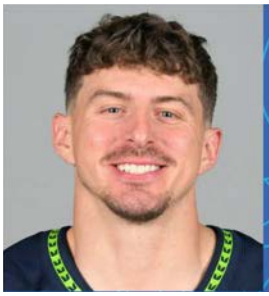
				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	15	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	11	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**26**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

BRADY RUSSELL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	15	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	7	5	2	0	0	0	0
2024	Seahawks	11	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	6	4	0	0	0	0
NFL TOTALS		**26**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**17**	**11**	**6**	**0**	**0**	**0**	**0**

BRADY RUSSELL'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Special Teams Tackles — 2 vs. Los Angeles Rams, Nov 03, 2024
...2 more at 2.



81 | TIGHT END
ERIC SAUBERT

Height: 6-5 | Weight: 248
College: Drake
Seasons: NFL : 8th, Seahawks 1st
Born: May 9, 1994
Hometown: Chicago, Ill.
Pronunciation: SAW-bert

TRANSACTIONS:

04/29/17: Drafted by Atlanta (5th round, 174th overall)
08/13/19: Traded to New England
08/31/19: Released by New England
09/02/19: Signed to Oakland's PS
11/30/19: Signed to Chicago's active roster
09/16/20: Released by Chicago
09/19/20: Signed to Jacksonville's PS
11/21/20: Signed to active roster
05/03/21: Signed by Denver as a FA
05/05/22: Re-signed by Denver
03/17/23: Signed by Miami as a UFA
08/29/23: Placed on IR
09/06/23: Waived/injury settlement by Miami
10/24/23: Signed to Dallas' PS
10/31/23: Signed to Houston's active roster
04/08/24: Signed by San Francisco as a UFA
08/27/24: Released by San Francisco
08/29/24: Signed by San Francisco as a FA
03/12/25: Contract expired
03/24/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Played in 17 games with six starts and tallied 15 receptions for 148 yards

and one touchdown in 2022.

• Appeared in 14 games in his rookie season (2017).

COLLEGE: Appeared in 41 games (37 starts) in five seasons (2012-16) at Drake and registered 190 receptions for 2,253 yards and 21 touchdowns. As a senior in 2016, appeared in 11 games (10 starts) and registered 56 receptions for 776 yards and 10 touchdowns. In 2015, started all 11 games and registered 55 receptions for 580 yards and seven touchdowns. As a sophomore, appeared in eight games (seven starts) and registered 32 receptions for 348 yards and two touchdowns. In 2013 as a redshirt freshman, appeared in 11 games (nine starts) and registered 47 receptions for 549 yards. and two touchdowns.

PERSONAL: Two-sport athlete in high school, competing in football and basketball at Hoffman Estates High. Earned a degree in actuarial sciences from Drake and was a Drake Presidential Scholarship recipient. Born in Chicago. Saubert is a dog lover and has a Husky named Abe.

ERIC SAUBERT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Falcons	14	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Falcons	16	1	5	48	9.6	17	0	0	0	0.0	0	0
2019	Raiders	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Bears	2	0	2	21	10.5	11	0	0	0	0.0	0	0
2019	TOTAL	2	0	2	21	10.5	11	0	0	0	0.0	0	0
2020	Bears	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Jaguars	1	1	3	16	5.3	9	0	0	0	0.0	0	0
2020	TOTAL	2	1	3	16	5.3	9	0	0	0	0.0	0	0
2021	Broncos	17	4	8	47	5.9	11	1	0	0	0.0	0	0
2022	Broncos	17	6	15	148	9.9	25	1	0	0	0.0	0	0
2023	Cowboys	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2023	Texans	9	1	3	12	4.0	5	0	0	0	0.0	0	0
2023	TOTAL	10	1	3	12	4.0	5	0	0	0	0.0	0	0
2024	49ers	17	3	11	97	8.8	20	1	0	0	0.0	0	0
NFL TOTALS		**95**	**16**	**47**	**389**	**8.3**	**25**	**3**	**0**	**0**	**0.0**	**0**	**0**

ERIC SAUBERT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Falcons	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2023	Texans	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ERIC SAUBERT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	5 vs. Indianapolis Colts, Oct 06, 2022
Receiving Yards	36 vs. Indianapolis Colts, Oct 06, 2022
Receiving Average	10.0 at Kansas City Chiefs, Jan 01, 2023
Longest Receptions	25 at Las Vegas Raiders, Oct 02, 2022
Receiving TDs	1 vs. Houston Texans, Sep 18, 2022
	...1 more at 1.
All-Purpose Yards	36 vs. Indianapolis Colts, Oct 06, 2022
Kickoff Returns	1 at Baltimore Ravens, Dec 04, 2022
	...1 more at 1.
Kickoff Return Yards	15 at Jacksonville Jaguars, Oct 30, 2022
Longest Kickoff Return	15 at Jacksonville Jaguars, Oct 30, 2022
Special Teams Tackles	2 at Las Vegas Raiders, Oct 02, 2022
Most TDs	1 vs. Houston Texans, Sep 18, 2022
	...1 more at 1.
Miscellaneous Tackles	1 at Los Angeles Rams, Dec 25, 2022
	...3 more at 1.
Scrimmage Yards	36 vs. Indianapolis Colts, Oct 06, 2022

ERIC SAUBERT'S 2024 GXG REGULAR-SEASON STATISTICS (49ERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-19
09/15	at Vikings	P	2	26	13.0	14	0	0	0	0.0	0	0	L	17-23
09/22	at Rams	S	2	41	20.5	20	0	0	0	0.0	0	0	L	24-27
09/29	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-13
10/06	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-24
10/10	at Seahawks	S	0	0	0.0	0	0	0	0	0.0	0	0	W	36-24
10/20	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	18-28
10/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-24
11/10	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20
11/17	Seahawks	S	1	7	7.0	7	0	0	0	0.0	0	0	L	17-20
11/24	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-38
12/01	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-35
12/08	Bears	P	1	4	4.0	4	0	0	0	0.0	0	0	W	38-13
12/12	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-12
12/22	at Dolphins	P	1	2	2.0	2t	1	0	0	0.0	0	0	L	17-29
12/30	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-40
01/05	at Cardinals	P	4	17	4.3	11	0	0	0	0.0	0	0	L	24-47
2024 TOTALS		**17-3**	**11**	**97**	**8.8**	**20**	**1**	**0**	**0**	**0.0**	**0**	**0**	**6-11**	

ERIC SAUBERT'S 2023 GXG REGULAR-SEASON STATISTICS (COWBOYS/TEXANS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Giants						NOT ON ROSTER						W	40-0
09/17	Jets						NOT ON ROSTER						W	30-10
09/24	at Cardinals						NOT ON ROSTER						L	16-28
10/01	Patriots						NOT ON ROSTER						W	38-3
10/08	at 49ers						NOT ON ROSTER						L	10-42
10/16	at Chargers						NOT ON ROSTER						W	20-17
10/29	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-20
							Went from **Cowboys** to **Texans**.							
11/05	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	39-37
11/12	at Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-27
11/19	Cardinals						ON INACTIVE LIST						W	21-16
11/26	Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	L	21-24
12/03	Broncos	P	1	5	5.0	5	0	0	0	0.0	0	0	W	22-17
12/10	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-30
12/17	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-16+
12/24	Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	L	22-36
12/31	Titans	P	1	2	2.0	2	0	0	0	0.0	0	0	W	26-3
01/06	at Colts	S	1	5	5.0	5	0	0	0	0.0	0	0	W	23-19
2023 TOTALS		**10-1**	**3**	**12**	**4.0**	**5**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-5**	

+ - Overtime

ERIC SAUBERT'S 2022 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-17
09/18	Texans	S	1	22	22.0	22t	1	0	0	0.0	0	0	W	16-9
09/25	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	11-10
10/02	at Raiders	S	1	25	25.0	25	0	0	0	0.0	0	0	L	23-32
10/06	Colts	P	5	36	7.2	10	0	0	0	0.0	0	0	L	9-12+
10/17	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-19+
10/23	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-16
10/30	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-17
11/13	at Titans	P	1	12	12.0	12	0	0	0	0.0	0	0	L	10-17
11/20	Raiders	S	2	16	8.0	9	0	0	0	0.0	0	0	L	16-22+
11/27	at Panthers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-23
12/04	at Ravens	S	0	0	0.0	0	0	0	0	0.0	0	0	L	9-10
12/11	Chiefs	P	1	2	2.0	2	0	0	0	0.0	0	0	L	28-34
12/18	Cardinals	P	1	5	5.0	5	0	0	0	0.0	0	0	W	24-15
12/25	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	14-51
01/01	at Chiefs	P	3	30	10.0	24	0	0	0	0.0	0	0	L	24-27
01/08	Chargers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-28
2022 TOTALS		**17-6**	**15**	**148**	**9.9**	**25**	**1**	**0**	**0**	**0.0**	**0**	**0**	**5-12**	

+ - Overtime

ERIC SAUBERT'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Giants	P	1	7	7.0	7	0	0	0	0.0	0	0	W	27-13
09/19	at Jaguars	P	1	7	7.0	7	0	0	0	0.0	0	0	W	23-13
09/26	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-0
10/03	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-23
10/10	at Steelers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	19-27
10/17	Raiders	S	3	23	7.7	11	0	0	0	0.0	0	0	L	24-34
10/21	at Browns	S	1	3	3.0	3	0	0	0	0.0	0	0	L	14-17
10/31	Football Team	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-10
11/07	at Cowboys	S	1	6	6.0	6	0	0	0	0.0	0	0	W	30-16
11/14	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
11/28	Chargers	P	1	1	1.0	1t	1	0	0	0.0	0	0	W	28-13
12/05	at Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-22
12/12	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-10
12/19	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-15
12/26	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
01/02	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-34
01/08	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-28
2021 TOTALS		**17-4**	**8**	**47**	**5.9**	**11**	**1**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

ERIC SAUBERT'S 2020 GXG REGULAR-SEASON STATISTICS (BEARS/JAGUARS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Lions					ON INACTIVE LIST							W	27-23
						Went from **Bears** to **Jaguars**.								
11/22	Steelers					PRACTICE SQUAD							L	3-27
						Went from **Jaguars** to **Bears**.								
12/27	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-17
2020 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**2-1**	

ERIC SAUBERT'S 2019 GXG REGULAR-SEASON STATISTICS (RAIDERS/BEARS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	Broncos						PRACTICE SQUAD						W	24-16
09/15	Chiefs						PRACTICE SQUAD						L	10-28
09/22	at Vikings						PRACTICE SQUAD						L	14-34
09/29	at Colts						PRACTICE SQUAD						W	31-24
10/06	Bears						PRACTICE SQUAD						W	24-21
10/20	at Packers						PRACTICE SQUAD						L	24-42
10/27	at Texans						PRACTICE SQUAD						L	24-27
11/03	Lions						PRACTICE SQUAD						W	31-24
11/07	Chargers						PRACTICE SQUAD						W	26-24
11/17	Bengals						PRACTICE SQUAD						W	17-10
11/24	at Jets						PRACTICE SQUAD						L	3-34
							Went from **Raiders** to **Bears**.							
12/05	Cowboys						INACTIVE						W	31-24
12/15	at Packers						INACTIVE						L	13-21
12/22	Chiefs	P	1	11	11.0	11	0	0	0	0.0	0	0	L	3-26
12/29	at Vikings	P	1	10	10.0	10	0	0	0	0.0	0	0	W	21-19
2019 TOTALS		**2-0**	**2**	**21**	**10.5**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**	**8-7**	

ERIC SAUBERT'S 2018 GXG REGULAR-SEASON STATISTICS (FALCONS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/06	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	12-18
09/16	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-24
09/23	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	37-43+
09/30	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	36-37
10/07	at Steelers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	17-41
10/14	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-29
10/22	Giants	P	1	8	8.0	8	0	0	0	0.0	0	0	W	23-20
11/04	at Redskins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-14
11/11	at Browns	P	1	17	17.0	17	0	0	0	0.0	0	0	L	16-28
11/18	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	L	19-22
11/22	at Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-31
12/02	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-26
12/09	at Packers	P	2	15	7.5	8	0	0	0	0.0	0	0	L	20-34
12/16	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	W	40-14
12/23	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/30	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-32
2018 TOTALS		**16-1**	**5**	**48**	**9.6**	**17**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-9**	

+ - Overtime

ERIC SAUBERT'S 2017 GXG REGULAR-SEASON STATISTICS (FALCONS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
09/17	Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-23
09/24	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-26
10/01	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-23
10/15	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-20
10/22	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-23
10/29	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	25-20
11/05	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-20
11/12	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-7
11/20	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-31
11/26	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-20
12/03	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-14
12/07	Saints						INACTIVE						W	20-17
12/18	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-21
12/24	at Saints						INACTIVE						L	13-23
12/31	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	22-10
2017 TOTALS		**14-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-6**	

50 | LINEBACKER
JAMIE SHERIFF

Height: 6-1	Weight: 254
College:	South Alabama
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	August 18, 2000
Hometown:	Terry, Miss.

TRANSACTIONS:

08/06/24: Signed by Seattle as a FA
08/27/24: Released by Seattle
08/28/24: Claimed off waivers by Carolina
09/09/24: Released by Carolina
09/13/24: Signed to Seattle's PS
10/10/24: Gameday activation
10/11/24: Reverted to Seattle's PS
10/30/24: Released by Seattle
11/06/24: Signed to Seattle's PS
11/20/24: Placed on PS/IR

NFL CAREER HIGHLIGHTS:

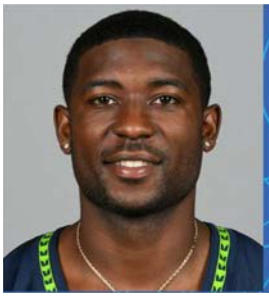
• Made Seattle debut on special teams vs. San Francisco (10/10/24) as a practice squad standard elevation.

COLLEGE: An undrafted rookie out of the University of South Alabama, took part in Seattle's rookie minicamp in May 2024 as a tryout player. In three seasons at South Alabama, Sheriff appeared in 37 games, recording 109 tackles, 17 tackles for loss and 10 sacks. He capped his college career by earning Defensive MVP honors in the 68 Ventures Bowl, South Alabama's first bowl win in program history. Began collegiate career at Mississippi Gulf Coast Community College, where he helped the Bulldogs go 12-0 while winning the National Junior College Athletic Association national championship his sophomore season.

PERSONAL: As a senior at Terry High, had 60 total tackles, with seven of those for a loss including five sacks, two forced fumbles, a fumble recovery and three safeties.

JAMIE SHERIFF'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2024	Panthers	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



84 | WIDE RECEIVER
STEVEN SIMS

Height: 5-10	Weight: 176
College:	Kansas
Seasons:	NFL : 7th, Seahawks 1st
Born:	March 31, 1997
Hometown:	Houston, Texas

TRANSACTIONS:

04/30/19: Signed by Washington as a UDFA
10/09/20: Placed on IR (toe)
11/07/20: Activated from reserve
08/23/21: Released by Washington
08/25/21: Signed by Buffalo as a FA
08/31/21: Released by Buffalo
09/06/21: Signed to Pittsburgh's PS
03/15/23: Contract expired
03/24/23: Signed by Houston as a FA
08/29/23: Released by Houston
08/30/23: Signed to Houston's PS
03/21/24: Re-signed by Houston
12/20/24: Released by Houston
12/23/24: Claimed off waivers by Baltimore
03/25/24: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Sims has 78 career catches for 704 yards and five touchdowns, as well as 25 carries for 174 yards and a 65-yard touchdown, but has made his mark in the NFL as a returner. Over the course of 53 career regular-season games, Sims has 74 punt returns for 462 yards, as well as 62 kick returns for 819 yards, including a 91-yard touchdown that helped him earn NFC Special Teams Player of the Week honors as a rookie. Sims also returned a punt for a 67-yard touchdown in a Divisional Round playoff game in 2023 as a member of the Texans. It was the first playoff punt return touchdown in Texans history and the NFL's first playoff punt return touchdown since 2010

COLLEGE: Played four seasons (2015-18) at Kansas appearing in 47 games and totaled 2,582 yards on 214 receptions (12.1 avg.) and 19 touchdowns. Posted career bests in receptions (72), receiving yards (859) and receiving touchdowns as a sophomore in 2016.

PERSONAL: Attended Travis High in Houston, Texas, where he earned first-team all-district honors his senior season. Caught 64 passes for 923 yards and 14 touchdowns while rushing 28 times for 214 yards, adding five scores in his senior season. Named a finalist for the Houston Touchdown Club Offensive Player of the Year.

STEVEN SIMS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Redskins	16	2	34	310	9.1	65	4	9	85	9.4	65t	1
2020	Football Team	12	2	27	265	9.8	30	1	1	18	18.0	18	0
2021	Steelers	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	Steelers	12	2	14	104	7.4	28	0	13	70	5.4	22	0
2023	Texans	3	0	3	25	8.3	23	0	1	1	1.0	1	0
2024	Texans	7	0	0	0	0.0	0	0	1	0	0.0	0	0
2024	Ravens	2	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	TOTAL	9	0	0	0	0.0	0	0	1	0	0.0	0	0
NFL TOTALS		**53**	**6**	**78**	**704**	**9.0**	**65**	**5**	**25**	**174**	**7.0**	**65T**	**1**

STEVEN SIMS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Football Team	1	0	3	33	11.0	12	1	1	4	4.0	4	0
2021	Steelers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2023	Texans	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Ravens	2	0	1	4	4.0	4	0	1	15	15.0	15	0
NFL TOTALS		**4**	**0**	**4**	**37**	**9.3**	**12**	**1**	**2**	**19**	**9.5**	**15**	**0**

STEVEN SIMS' NFL REGULAR SEASON RETURN STATISTICS

			KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	Redskins	32	819	25.6	91t	1	6	4	26	4.3	11	0
2020	Football Team	3	42	14.0	20	0	24	19	160	6.7	22	0
2021	Steelers	0	0	0.0	0	0	0	0	0	0.0	0	0
2022	Steelers	17	434	25.5	89	0	19	13	105	5.5	24	0
2023	Texans	3	71	23.7	29	0	4	4	49	12.3	18	0
2024	Texans	7	195	27.9	37	0	16	8	99	6.2	19	0
2024	Ravens	0	0	0.0	0	0	5	0	23	4.6	8	0
2024	TOTAL	7	195	27.9	37	0	21	8	122	5.8	19	0
NFL TOTALS		**62**	**1,561**	**25.2**	**91T**	**1**	**74**	**48**	**462**	**6.2**	**24**	**0**

STEVEN SIMS' NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Football Team	0	0	0.0	0	0	0	1	0	0.0	0	0
2021	Steelers	0	0	0.0	0	0	0	0	0	0.0	0	0
2023	Texans	2	52	26.0	30	0	1	1	67	67.0	67t	1
2024	Ravens	0	0	0.0	0	0	2	3	20	10.0	16	0
NFL TOTALS		**2**	**52**	**26.0**	**30**	**0**	**3**	**5**	**87**	**29.0**	**67T**	**1**

STEVEN SIMS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 at Atlanta Falcons, Dec 04, 2022
	...1 more at 3.
Rushing Yards	65 vs. New England Patriots, Oct 06, 2019
Longest Runs	65t vs. New England Patriots, Oct 06, 2019
Rushing TDs	1 vs. New England Patriots, Oct 06, 2019
Receptions	6 vs. New York Giants, Dec 22, 2019
Receiving Yards	81 at Dallas Cowboys, Dec 29, 2019
Receiving Average	17.7 at Arizona Cardinals, Sep 20, 2020
Longest Receptions	65 at Dallas Cowboys, Dec 29, 2019
Receiving TDs	2 vs. New York Giants, Dec 22, 2019
All-Purpose Yards	167 vs. Cincinnati Bengals, Nov 20, 2022
Kickoff Returns	7 vs. Cincinnati Bengals, Nov 20, 2022
Kickoff Return Yards	154 vs. Cincinnati Bengals, Nov 20, 2022
Longest Kickoff Return	91t vs. Detroit Lions, Nov 24, 2019
Kickoff Return TDs	1 vs. Detroit Lions, Nov 24, 2019
Fair Catches	5 at San Francisco 49ers, Dec 13, 2020
Punt Return Yards	43 vs. Detroit Lions, Nov 10, 2024
Longest Punt Return	24 vs. Tampa Bay Buccaneers, Oct 16, 2022
Punt Returns	5 vs. Philadelphia Eagles, Sep 13, 2020
Punt Return Average	14.3 vs. Detroit Lions, Nov 10, 2024
Kickoff Return Average	37.3 vs. Tampa Bay Buccaneers, Oct 16, 2022
Most TDs	2 vs. New York Giants, Dec 22, 2019
Miscellaneous Tackles	1 vs. Carolina Panthers, Dec 27, 2020
Scrimmage Yards	75 at Dallas Cowboys, Dec 29, 2019

STEVEN SIMS' 2024 GXG REGULAR-SEASON STATISTICS (TEXANS/RAVENS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-27
09/15	Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-13
09/22	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-34
09/29	Jaguars	P	0	0	0.0	0	0	1	0	0.0	0	0	W	24-20
10/06	Bills						ON INACTIVE LIST						W	23-20
10/13	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-21
10/20	at Packers						ON INACTIVE LIST						L	22-24
10/27	Colts						ON INACTIVE LIST						W	23-20
10/31	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-21
11/10	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-26
11/18	at Cowboys						ON INACTIVE LIST						W	34-10
11/24	Titans						ON INACTIVE LIST						L	27-32
12/01	at Jaguars						ON INACTIVE LIST						W	23-20
12/15	Dolphins						INACTIVE						W	20-12
12/21	at Chiefs						NOT ON ROSTER						L	19-27
							Went from **Texans** to **Ravens**.							
12/25	at Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-2
01/04	Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	35-10
2024 TOTALS		**9-0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**0.0**	**0**	**0**	**11-6**	

STEVEN SIMS' 2023 GXG REGULAR-SEASON STATISTICS (TEXANS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Ravens						PRACTICE SQUAD						L	9-25
09/17	Colts						PRACTICE SQUAD						L	20-31
09/24	at Jaguars						PRACTICE SQUAD						W	37-17
10/01	Steelers						PRACTICE SQUAD						W	30-6
10/08	at Falcons						PRACTICE SQUAD						L	19-21
10/15	Saints						PRACTICE SQUAD						W	20-13
10/29	at Panthers						PRACTICE SQUAD						L	13-15
11/05	Buccaneers						PRACTICE SQUAD						W	39-37
11/12	at Bengals						PRACTICE SQUAD						W	30-27
11/19	Cardinals	P	2	25	12.5	23	0	0	0	0.0	0	0	W	21-16
11/26	Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	L	21-24
12/03	Broncos						PRACTICE SQUAD						W	22-17
12/10	at Jets						PRACTICE SQUAD						L	6-30
12/17	at Titans	P	1	0	0.0	0	0	1	1	1.0	1	0	W	19-16+
12/24	Browns						PRACTICE SQUAD						L	22-36
12/31	Titans						PRACTICE SQUAD						W	26-3
01/06	at Colts						PRACTICE SQUAD						W	23-19
2023 TOTALS		**3-0**	**3**	**25**	**8.3**	**23**	**0**	**1**	**1**	**1.0**	**1**	**0**	**10-7**	

+ - Overtime

STEVEN SIMS' 2022 GXG REGULAR-SEASON STATISTICS (STEELERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/11	at Bengals						ON INACTIVE LIST						W	23-20+
09/18	Patriots						ON INACTIVE LIST						L	14-17
09/22	at Browns						INACTIVE						L	17-29
10/02	Jets						ON INACTIVE LIST						L	20-24
10/09	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	3-38
10/16	Buccaneers	P	0	0	0.0	0	0	1	-5	-5.0	-5	0	W	20-18
10/23	at Dolphins						ON INACTIVE LIST						L	10-16
10/30	at Eagles	P	2	-1	-0.5	2	0	2	21	10.5	11	0	L	13-35
11/13	Saints	S	1	15	15.0	15	0	2	2	1.0	3	0	W	20-10
11/20	Bengals	P	0	0	0.0	0	0	1	-3	-3.0	-3	0	L	30-37
11/28	at Colts	P	2	9	4.5	6	0	0	0	0.0	0	0	W	24-17
12/04	at Falcons	P	0	0	0.0	0	0	3	19	6.3	10	0	W	19-16
12/11	Ravens	P	4	30	7.5	11	0	1	1	1.0	1	0	L	14-16
12/18	at Panthers	P	1	10	10.0	10	0	2	19	9.5	22	0	W	24-16
12/24	Raiders	P	1	7	7.0	7	0	0	0	0.0	0	0	W	13-10
01/01	at Ravens	S	3	34	11.3	28	0	0	0	0.0	0	0	W	16-13
01/08	Browns	P	0	0	0.0	0	0	1	16	16.0	16	0	W	28-14
2022 TOTALS		**12-2**	**14**	**104**	**7.4**	**28**	**0**	**13**	**70**	**5.4**	**22**	**0**	**9-8**	

+ - Overtime

STEVEN SIMS' 2021 GXG REGULAR-SEASON STATISTICS (STEELERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L/T	SCORE
09/12	at Bills						PRACTICE SQUAD						W	23-16
09/19	Raiders						PRACTICE SQUAD						L	17-26
09/26	Bengals						PRACTICE SQUAD						L	10-24
10/03	at Packers						PRACTICE SQUAD						L	17-27
10/10	Broncos						PRACTICE SQUAD						W	27-19
10/17	Seahawks						PRACTICE SQUAD						W	23-20+
10/31	at Browns						PRACTICE SQUAD						W	15-10
11/08	Bears						PRACTICE SQUAD						W	29-27
11/14	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	T	16-16
11/21	at Chargers						PRACTICE SQUAD						L	37-41
11/28	at Bengals						PRACTICE SQUAD						L	10-41
12/05	Ravens						PRACTICE SQUAD						W	20-19
12/09	at Vikings						PRACTICE SQUAD						L	28-36
12/19	Titans						PRACTICE SQUAD						W	19-13
12/26	at Chiefs						PRACTICE SQUAD/COVID-19						L	10-36
01/03	Browns						PRACTICE SQUAD/COVID-19						W	26-14
01/09	at Ravens						PRACTICE SQUAD						W	16-13+
2021 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-7-1**	

+ - Overtime

STEVEN SIMS' 2020 GXG REGULAR-SEASON STATISTICS (FOOTBALL TEAM)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	Eagles	S	3	50	16.7	19	0	0	0	0.0	0	0	W	27-17
09/20	at Cardinals	S	3	53	17.7	30	0	0	0	0.0	0	0	L	15-30
09/27	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-34
10/04	Ravens						ON INACTIVE LIST						L	17-31
10/11	Rams						DID NOT PLAY						L	10-30
10/18	at Giants						DID NOT PLAY						L	19-20
10/25	Cowboys						DID NOT PLAY						W	25-3
11/08	Giants	P	1	4	4.0	4	0	0	0	0.0	0	0	L	20-23
11/15	at Lions	P	5	46	9.2	23	0	0	0	0.0	0	0	L	27-30
11/22	Bengals	P	3	13	4.3	7	1	0	0	0.0	0	0	W	20-9
11/26	at Cowboys	P	1	8	8.0	8	0	0	0	0.0	0	0	W	41-16
12/07	at Steelers	P	4	17	4.3	9	0	0	0	0.0	0	0	W	23-17
12/13	at 49ers	P	1	5	5.0	5	0	0	0	0.0	0	0	W	23-15
12/20	Seahawks	P	1	11	11.0	11	0	0	0	0.0	0	0	L	15-20
12/27	Panthers	P	4	52	13.0	23	0	0	0	0.0	0	0	L	13-20
01/03	at Eagles	P	1	6	6.0	6	0	1	18	18.0	18	0	W	20-14
2020 TOTALS		**12-2**	**27**	**265**	**9.8**	**30**	**1**	**1**	**18**	**18.0**	**18**	**0**	**7-9**	

STEVEN SIMS' 2019 GXG REGULAR-SEASON STATISTICS (REDSKINS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-32
09/15	Cowboys	P	1	3	3.0	3	0	3	16	5.3	8	0	L	21-31
09/23	Bears	P	2	24	12.0	13	0	0	0	0.0	0	0	L	15-31
09/29	at Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	3-24
10/06	Patriots	P	2	1	0.5	5	0	1	65	65.0	65t	1	L	7-33
10/13	at Dolphins	P	0	0	0.0	0	0	1	1	1.0	1	0	W	17-16
10/20	49ers	P	3	5	1.7	6	0	1	0	0.0	0	0	L	0-9
10/24	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-19
11/03	at Bills	P	1	12	12.0	12	0	0	0	0.0	0	0	L	9-24
11/17	Jets	P	2	6	3.0	9	0	0	0	0.0	0	0	L	17-34
11/24	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-16
12/01	at Panthers	P	3	29	9.7	14	0	0	0	0.0	0	0	W	29-21
12/08	at Packers	P	4	40	10.0	13	0	0	0	0.0	0	0	L	15-20
12/15	Eagles	S	5	45	9.0	19	1	0	0	0.0	0	0	L	27-37
12/22	Giants	P	6	64	10.7	32	2	2	9	4.5	14	0	L	35-41+
12/29	at Cowboys	S	5	81	16.2	65	1	1	-6	-6.0	-6	0	L	16-47
2019 TOTALS		**16-2**	**34**	**310**	**9.1**	**65**	**4**	**9**	**85**	**9.4**	**65T**	**1**	**3-13**	

+ - Overtime

STEVEN SIMS' 2024 GXG REGULAR-SEASON STATISTICS (TEXANS/RAVENS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/08	at Colts	P	0	0	0.0	0	0	0	2	0	0.0	0	0	W	29-27
09/15	Bears	P	1	37	37.0	37	0	3	1	11	3.7	11	0	W	19-13
09/22	at Vikings	P	1	27	27.0	27	0	3	1	5	1.7	6	0	L	7-34
09/29	Jaguars	P	0	0	0.0	0	0	2	0	10	5.0	10	0	W	24-20
10/06	Bills						ON INACTIVE LIST							W	23-20
10/13	at Patriots	P	1	25	25.0	25	0	4	2	30	7.5	19	0	W	41-21
10/20	at Packers						ON INACTIVE LIST							L	22-24
10/27	Colts						ON INACTIVE LIST							W	23-20
10/31	at Jets	P	4	106	26.5	31	0	1	1	0	0.0	0	0	L	13-21
11/10	Lions	P	0	0	0.0	0	0	3	1	43	14.3	17	0	L	23-26
11/18	at Cowboys						ON INACTIVE LIST							W	34-10
11/24	Titans						ON INACTIVE LIST							L	27-32
12/01	at Jaguars						ON INACTIVE LIST							W	23-20
12/15	Dolphins						INACTIVE							W	20-12
12/21	at Chiefs						NOT ON ROSTER							L	19-27
							Went from **Texans** to **Ravens**.								
12/25	at Texans	P	0	0	0.0	0	0	2	0	7	3.5	5	0	W	31-2
01/04	Browns	P	0	0	0.0	0	0	3	0	16	5.3	8	0	W	35-10
2024 TOTALS		**9-0**	**7**	**195**	**27.9**	**37**	**0**	**21**	**8**	**122**	**5.8**	**19**	**0**	**11-6**	

STEVEN SIMS' 2023 GXG REGULAR-SEASON STATISTICS (TEXANS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/10	at Ravens						PRACTICE SQUAD							L	9-25
09/17	Colts						PRACTICE SQUAD							L	20-31
09/24	at Jaguars						PRACTICE SQUAD							W	37-17
10/01	Steelers						PRACTICE SQUAD							W	30-6
10/08	at Falcons						PRACTICE SQUAD							L	19-21
10/15	Saints						PRACTICE SQUAD							W	20-13
10/29	at Panthers						PRACTICE SQUAD							L	13-15
11/05	Buccaneers						PRACTICE SQUAD							W	39-37
11/12	at Bengals						PRACTICE SQUAD							W	30-27
11/19	Cardinals	P	0	0	0.0	0	0	2	0	16	8.0	8	0	W	21-16
11/26	Jaguars	P	0	0	0.0	0	0	0	1	0	0.0	0	0	L	21-24
12/03	Broncos						PRACTICE SQUAD							W	22-17
12/10	at Jets						PRACTICE SQUAD							L	6-30
12/17	at Titans	P	3	71	23.7	29	0	2	3	33	16.5	18	0	W	19-16+
12/24	Browns						PRACTICE SQUAD							L	22-36
12/31	Titans						PRACTICE SQUAD							W	26-3
01/06	at Colts						PRACTICE SQUAD							W	23-19
2023 TOTALS		**3-0**	**3**	**71**	**23.7**	**29**	**0**	**4**	**4**	**49**	**12.3**	**18**	**0**	**10-7**	

+ - Overtime

STEVEN SIMS' 2022 GXG REGULAR-SEASON STATISTICS (STEELERS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/11	at Bengals						ON INACTIVE LIST							W	23-20+
09/18	Patriots						ON INACTIVE LIST							L	14-17
09/22	at Browns						INACTIVE							L	17-29
10/02	Jets						ON INACTIVE LIST							L	20-24
10/09	at Bills	P	1	19	19.0	19	0	0	0	0	0.0	0	0	L	3-38
10/16	Buccaneers	P	3	112	37.3	89	0	3	1	23	7.7	24	0	W	20-18
10/23	at Dolphins						ON INACTIVE LIST							L	10-16
10/30	at Eagles	P	2	47	23.5	27	0	1	1	10	10.0	10	0	L	13-35
11/13	Saints	S	1	27	27.0	27	0	1	2	3	3.0	3	0	W	20-10
11/20	Bengals	P	7	154	22.0	37	0	2	1	16	8.0	10	0	L	30-37
11/28	at Colts	P	0	0	0.0	0	0	3	0	18	6.0	18	0	W	24-17
12/04	at Falcons	P	0	0	0.0	0	0	2	1	1	0.5	1	0	W	19-16
12/11	Ravens	P	1	29	29.0	29	0	2	1	0	0.0	0	0	L	14-16
12/18	at Panthers	P	1	17	17.0	17	0	1	1	5	5.0	5	0	W	24-16
12/24	Raiders	P	0	0	0.0	0	0	1	2	9	9.0	9	0	W	13-10
01/01	at Ravens	S	1	29	29.0	29	0	0	3	0	0.0	0	0	W	16-13
01/08	Browns	P	0	0	0.0	0	0	3	0	20	6.7	12	0	W	28-14
2022 TOTALS		**12-2**	**17**	**434**	**25.5**	**89**	**0**	**19**	**13**	**105**	**5.5**	**24**	**0**	**9-8**	

+ - Overtime

STEVEN SIMS' 2021 GXG REGULAR-SEASON STATISTICS (STEELERS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	at Bills						PRACTICE SQUAD							W	23-16
09/19	Raiders						PRACTICE SQUAD							L	17-26
09/26	Bengals						PRACTICE SQUAD							L	10-24
10/03	at Packers						PRACTICE SQUAD							L	17-27
10/10	Broncos						PRACTICE SQUAD							W	27-19
10/17	Seahawks						PRACTICE SQUAD							W	23-20+
10/31	at Browns						PRACTICE SQUAD							W	15-10
11/08	Bears						PRACTICE SQUAD							W	29-27
11/14	Lions	P	0	0	0.0	0	0	0	0	0	0.0	0	0	T	16-16
11/21	at Chargers						PRACTICE SQUAD							L	37-41
11/28	at Bengals						PRACTICE SQUAD							L	10-41
12/05	Ravens						PRACTICE SQUAD							W	20-19
12/09	at Vikings						PRACTICE SQUAD							L	28-36
12/19	Titans						PRACTICE SQUAD							W	19-13
12/26	at Chiefs						PRACTICE SQUAD/COVID-19							L	10-36
01/03	Browns						PRACTICE SQUAD/COVID-19							W	26-14
01/09	at Ravens						PRACTICE SQUAD							W	16-13+
2021 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-7**	

+ - Overtime

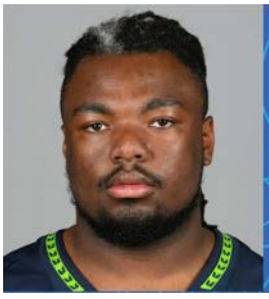
STEVEN SIMS' 2020 GXG REGULAR-SEASON STATISTICS (FOOTBALL TEAM)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/13	Eagles	S	0	0	0.0	0	0	5	0	17	3.4	11	0	W	27-17
09/20	at Cardinals	S	3	42	14.0	20	0	2	1	16	8.0	12	0	L	15-30
09/27	at Browns	P	0	0	0.0	0	0	3	1	23	7.7	19	0	L	20-34
10/04	Ravens						ON INACTIVE LIST							L	17-31
10/11	Rams						DID NOT PLAY							L	10-30
10/18	at Giants						DID NOT PLAY							L	19-20
10/25	Cowboys						DID NOT PLAY							W	25-3
11/08	Giants	P	0	0	0.0	0	0	1	1	12	12.0	12	0	L	20-23
11/15	at Lions	P	0	0	0.0	0	0	1	3	0	0.0	0	0	L	27-30
11/22	Bengals	P	0	0	0.0	0	0	2	1	13	6.5	10	0	W	20-9
11/26	at Cowboys	P	0	0	0.0	0	0	2	0	15	7.5	10	0	W	41-16
12/07	at Steelers	P	0	0	0.0	0	0	1	4	9	9.0	9	0	W	23-17
12/13	at 49ers	P	0	0	0.0	0	0	2	5	36	18.0	22	0	W	23-15
12/20	Seahawks	P	0	0	0.0	0	0	2	0	-1	-0.5	0	0	L	15-20
12/27	Panthers	P	0	0	0.0	0	0	1	2	0	0.0	0	0	L	13-20
01/03	at Eagles	P	0	0	0.0	0	0	2	1	20	10.0	20	0	W	20-14
2020 TOTALS		**12-2**	**3**	**42**	**14.0**	**20**	**0**	**24**	**19**	**160**	**6.7**	**22**	**0**	**7-9**	

STEVEN SIMS' 2019 GXG REGULAR-SEASON STATISTICS (REDSKINS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/08	at Eagles	P	3	46	15.3	19	0	0	0	0	0.0	0	0	L	27-32
09/15	Cowboys	P	1	20	20.0	20	0	0	0	0	0.0	0	0	L	21-31
09/23	Bears	P	3	102	34.0	45	0	0	0	0	0.0	0	0	L	15-31
09/29	at Giants	P	2	37	18.5	19	0	0	0	0	0.0	0	0	L	3-24
10/06	Patriots	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	7-33
10/13	at Dolphins	P	1	21	21.0	21	0	0	0	0	0.0	0	0	W	17-16
10/20	49ers	P	3	63	21.0	24	0	0	0	0	0.0	0	0	L	0-9
10/24	at Vikings	P	2	54	27.0	31	0	0	0	0	0.0	0	0	L	9-19
11/03	at Bills	P	3	56	18.7	22	0	0	0	0	0.0	0	0	L	9-24
11/17	Jets	P	6	143	23.8	30	0	0	0	0	0.0	0	0	L	17-34
11/24	Lions	P	2	124	62.0	91t	1	0	0	0	0.0	0	0	W	19-16
12/01	at Panthers	P	0	0	0.0	0	0	3	0	12	4.0	6	0	W	29-21
12/08	at Packers	P	1	19	19.0	19	0	1	1	6	6.0	6	0	L	15-20
12/15	Eagles	S	3	89	29.7	41	0	2	1	8	4.0	11	0	L	27-37
12/22	Giants	P	1	25	25.0	25	0	0	1	0	0.0	0	0	L	35-41+
12/29	at Cowboys	S	1	20	20.0	20	0	0	1	0	0.0	0	0	L	16-47
2019 TOTALS		**16-2**	**32**	**819**	**25.6**	**91T**	**1**	**6**	**4**	**26**	**4.3**	**11**	**0**	**3-13**	

+ - Overtime



70 | NOSE TACKLE
J.R. SINGLETON

Height: 6-1 **Weight:** 299
College: Iowa State
Season: Rookie
Born: February 13, 2002
Hometown: Gurnee, Ill.

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Spent four seasons at Iowa State and served as co-captain and earned honorable mention All-Big 12 by the coaches in 2024. Played in 13 games, making 12 starts. Had career-best 32 tackles, including five for a loss. Led team with career-high 4.0 sacks and also had seven quarterback hurries.

PERSONAL: Prepped at Warren Township High. Was a three-star recruit by 247Sports, Rivals and ESPN. Ranked as the 56th best defensive tackle and the 12th best player in Illinois by 247Sports. Also a top-25 player in Illinois by Rivals and ESPN. Was a IHSFCA Class 8A First-Team All-State selection and Lake County Player of the Year in 2019. Helped team go 13-1 as a senior, racking up 43 tackles, 23 tackles for loss and 14.0 sacks, helping team make the Class 8A state championship game. Led a defense in 2019 that allowed just 52 points, posted six shutouts, allowed just 115.0 yards per game and 38.5 rushing yards per game. Majored in entrepreneurship.

59 | LINEBACKER
TYREKE SMITH

Height:	6-3
Weight:	255
College:	Ohio State
Seasons:	NFL : 4th, Seahawks 4th
Born:	February 14, 2000
Hometown:	Cleveland, Ohio
Pronunciation:	ty-REEK

TRANSACTIONS:

04/30/22: Drafted by Seattle (5th round, 158th overall)
08/30/22: Placed on IR (hip)
09/20/23: Released by Seattle
09/21/23: Signed to Seattle's PS
12/15/23: Signed to Arizona's active roster
08/27/24: Released by Arizona
08/29/24: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Spent the 2024 season on Seattle's practice squad.
- Signed to Arizona's active roster from Seattle's practice squad in 2023, and saw action in two games with the Cardinals.
- Spent 2022 season injured reserve (hip).

COLLEGE: Started 17 of 41 games played and recorded 55 tackles (28 solo) and 7.0 sacks. Was a part of three consecutive Big Ten championship teams and two Ohio State teams that advanced to the College Football Playoffs, including the title game in 2021. Named second-team All-Big Ten following his senior season where he started nine of 10 games with 26 tackles and 3.0 sacks.

PERSONAL: Attended Cleveland Heights High and was one of the top prospects in his class, a Top 50 overall performer with 247Sports and Rivals each ranking him No. 34 nationally. A member of the ESPN300, the No. 3-ranked strong side defensive end by Rivals with 247Sports ranking him as the No. 4 end. A consensus four-star player and one of the top players from the state of Ohio. The No. 41 prospect on the Prepstar Dream Team. As a senior, accounted for 70 tackles, 23 tackles-for-loss and 11.0 sacks, while also hauling in eight receptions for 192 yards and four touchdowns at tight end. Was the 2017 Cleveland.com defensive player of the year and all-Ohio Division I Co-Defensive Player of the Year. Also lettered in basketball. Majored in sport industry.

TYREKE SMITH'S NFL REGULAR SEASON DEFENSIVE STATISTICS

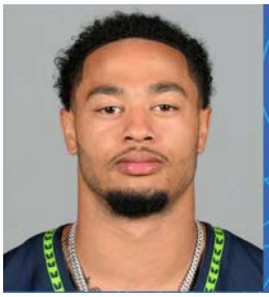
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Cardinals	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	TOTAL	3	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**1**	**0**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TYREKE SMITH'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TYREKE SMITH'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	1 at Detroit Lions, Sep 17, 2023



11 | WIDE RECEIVER
JAXON SMITH-NJIGBA

Height: 6-0	Weight: 202
College:	Ohio State
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	February 14, 2002
Hometown:	Rockwall, Texas
Pronunciation:	in-JIGG-buh

PRO BOWL '24

TRANSACTIONS:

04/27/23: Drafted by Seattle (1st round, 20th overall)

NFL CAREER HIGHLIGHTS:

• Eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday.

• Tied franchise record with 100 receptions (9th NFL) in 2024, and 10th player in franchise history with 1,000 receiving yards in a season and set single-season career-highs in catches (100), receiving yards (1,130), and touchdowns (6).

• His 367 receiving yards in Weeks 9-12 in 2024 are the third-most over a three-game span in franchise history (Steve Largent, 393 in 1984; Tyler Lockett, 368 in 2020-21).

• Hauled in a career-high 180 receiving yards vs. the L.A. Rams (11/3/24), on seven receptions with two touchdowns, matching John L. Williams for the fourth-highest receiving total in franchise history behind Steve Largent (261), Tyler Lockett (200) and Largent again (191). Largent, Lockett and Smith-Njigba are the only pass-catchers in franchise history with at least 180 yards and multiple touchdown reception in a single game.

• At New England (9/15/24), set career-high in receptions (12) for 117 yards. Seahawks pass-catchers had recorded 10-catch, 100-yard games 21 times in franchise history, but DK Metcalf (10 for 129) and Smith-Njigba (12 for 117) are the first Seahawks duo to accomplish that feat in the same contest.

• In 2023, his 63 receptions were the second-most receptions by a rookie in franchise history, and along with Tyler Lockett and DK Metcalf, gave Seattle three receivers with 60-plus catches in a season for the first time in franchise history.

• Only rookie since 1960 with two game-winning touchdown receptions in the final minute of the fourth quarter (vs. Cleveland, 10/29; vs. Philadelphia, 12/18). Along with Jake Bobo, vs. Arizona (10/22/23) became the first pair of rookie wide receivers to record a touchdown reception in the same game in franchise history.

HONORS: 2024: NFC Pro Bowl.

COLLEGE: Started 16 of 23 games during his Ohio State career, recording 110 receptions for 1,698 yards and 10 touchdowns. Only played three games during his junior season after suffering a hamstring injury. Enjoyed a breakout 2021 season when he led Ohio State with school-record totals of 95 receptions (fifth-most in Big Ten history) and 1,606 receiving yards (breaking 20-year-old Big Ten receiving yards record (1,545 yards in 2001 by Wisconsin's Lee Evans), on a team that featured first-round NFL Draft picks Garrett Wilson (No. 10 overall to the Jets) and Chris Olave (No. 11 overall to New Orleans). Set Rose Bowl records with 347 receiving yards and a school-record 15 receptions, with three touchdowns and was named offensive player of the game. The 347 receiving yards was also an all-time bowl game record, school single-game record, the second-most in Big Ten history and the fifth-highest total in NCAA Division I history. On the strength of his 2021 season, he finished 18th at Ohio State in career receptions (110) and 21st in receiving yards (1,698). Named third-team AP All-American and third-team all-Big Ten Conference in 2021.

PERSONAL: Attended Rockwall High. Finished the recruiting cycle with a five-star ranking and was a top 50-ranked player nationally according to 247Sports.com. Named the Texas 6A State Player of the Year and was the No. 5-ranked player overall in the state of Texas. Compiled 5,346 career receiving yards and 82 touchdowns in 44 games. In 13 games as a senior, had 104 catches for 2,094 yards and 35 touchdowns. Majored in health sciences.

JAXON SMITH-NJIGBA'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	17	3	63	628	10.0	35	4	0	0	0.0	0	0
2024	Seahawks	17	16	100	1,130	11.3	46	6	5	26	5.2	8	0
NFL TOTALS		**34**	**19**	**163**	**1,758**	**10.8**	**46**	**10**	**5**	**26**	**5.2**	**8**	**0**

JAXON SMITH-NJIGBA'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2023	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2024	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

JAXON SMITH-NJIGBA'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Longest Runs	8 at San Francisco 49ers, Nov 17, 2024
Receptions	12 at New England Patriots, Sep 15, 2024
Receiving Yards	180 vs. Los Angeles Rams, Nov 03, 2024
Receiving Average	25.7 vs. Los Angeles Rams, Nov 03, 2024
Longest Receptions	46 vs. Arizona Cardinals, Nov 24, 2024
	...1 more at 46.
Receiving TDs	2 vs. Los Angeles Rams, Nov 03, 2024
All-Purpose Yards	180 vs. Los Angeles Rams, Nov 03, 2024
Most TDs	2 vs. Los Angeles Rams, Nov 03, 2024
Miscellaneous Tackles	1 at San Francisco 49ers, Dec 10, 2023
	...1 more at 1.

JAXON SMITH-NJIGBA'S 100-YARD RECEIVING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/03/24	RAMS	7	180	25.7	46	2
09/15/24	at Patriots	12	117	9.8	24	0
11/17/24	at 49ers	10	110	11.0	20	0

JAXON SMITH-NJIGBA'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

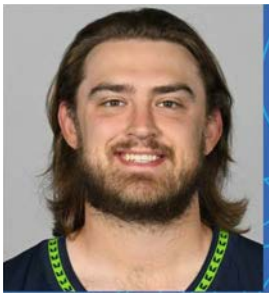
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	S	2	19	9.5	10	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	S	12	117	9.8	24	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	S	3	39	13.0	18	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	S	8	51	6.4	11	0	0	0	0.0	0	0	L	29-42
10/06	Giants	S	4	31	7.8	15	1	0	0	0.0	0	0	L	20-29
10/10	49ers	S	5	53	10.6	19	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	S	3	9	3.0	5	0	0	0	0.0	0	0	W	34-14
10/27	Bills	S	6	69	11.5	18	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	7	180	25.7	46	2	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	P	10	110	11.0	20	0	1	8	8.0	8	0	W	20-17
11/24	Cardinals	S	6	77	12.8	46	1	0	0	0.0	0	0	W	16-6
12/01	at Jets	S	4	74	18.5	25	0	1	5	5.0	5	0	W	26-21
12/08	at Cardinals	S	5	82	16.4	24	1	1	4	4.0	4	0	W	30-18
12/15	Packers	S	10	83	8.3	25	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	S	8	95	11.9	25	1	1	5	5.0	5	0	L	24-27
12/26	at Bears	S	3	32	10.7	19	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	S	4	9	2.3	7	0	1	4	4.0	4	0	W	30-25
2024 TOTALS		**17-16**	**100**	**1,130**	**11.3**	**46**	**6**	**5**	**26**	**5.2**	**8**	**0**	**10-7**	

+ - Overtime

JAXON SMITH-NJIGBA'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	3	13	4.3	10	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	5	34	6.8	16	0	0	0	0.0	0	0	W	37-31+
09/24	Panthers	P	1	10	10.0	10	0	0	0	0.0	0	0	W	37-27
10/02	at Giants	P	3	5	1.7	3	0	0	0	0.0	0	0	W	24-3
10/15	at Bengals	P	4	48	12.0	18	0	0	0	0.0	0	0	L	13-17
10/22	Cardinals	S	4	63	15.8	28t	1	0	0	0.0	0	0	W	20-10
10/29	Browns	P	3	36	12.0	19	1	0	0	0.0	0	0	W	24-20
11/05	at Ravens	P	6	63	10.5	35	0	0	0	0.0	0	0	L	3-37
11/12	Commanders	S	4	53	13.3	20	0	0	0	0.0	0	0	W	29-26
11/19	at Rams	P	3	40	13.3	32	0	0	0	0.0	0	0	L	16-17
11/23	49ers	P	2	41	20.5	34	0	0	0	0.0	0	0	L	13-31
11/30	at Cowboys	P	7	62	8.9	18	0	0	0	0.0	0	0	L	35-41
12/10	at 49ers	S	4	25	6.3	11	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	4	48	12.0	29t	1	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	6	61	10.2	20	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	1	12	12.0	12t	1	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	3	14	4.7	7	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**17-3**	**63**	**628**	**10.0**	**35**	**4**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime



41 | LONG SNAPPER
CHRIS STOLL

Height: 6-2	Weight: 255
College:	Penn State
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	August 3, 1998
Hometown:	Westerville, Ohio
Pronunciation:	stole

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

• Served as Seattle's long snapper and converted every snap for the past two seasons.

COLLEGE: Played in 48 games as Penn State's long snapper. Named the winner of the Patrick Mannelly Award, given to the nation's top long snapper in 2022. Earned the Big Ten Sportsmanship Award. Former run-on and earned a scholarship during preseason camp in 2020.

PERSONAL: A three-time letterman for head coach Ryan Wiggins at St. Francis DeSales High School. Helped the Stallions to a 31-9 record in his career. Two-time Prokicker.com All-America long snapper selection as a junior and senior.

CHRIS STOLL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP
2023	Seahawks	17
2024	Seahawks	17
NFL TOTALS		**34**

61 | CENTER
JALEN SUNDELL

Height: 6-5	Weight: 301
College:	North Dakota State
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	October 18, 1999
Hometown:	Maryville, Mo.
Pronunciation:	sun-DELL

TRANSACTIONS:

07/23/24: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

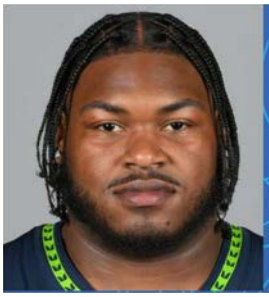
• Saw time as an extra tackle in goal-line situations and on special teams in 2024.

COLLEGE: Started 40 of 57 games in his career. In 2024 as a senior, earned first-team AFCA FCS All-American honors after starting all 15 games at left tackle. During that season, Sundell helped pave the way for an offense that ranked fourth in the FCS with an average of 237.3 rushing yards per game while leading the nation in rushing touchdowns (47) and offensive touchdowns (69). Prior to moving to left tackle, Sundell was a three-year starter at center.

PERSONAL: Was a four-year letterman at Maryville High School and a two-time all-conference tackle and defensive end. Named the 2017 Class 3 Offensive Player of the Year as the Spoofhounds went 13-2 and won the state championship. Was an all-district and all-state first team selection in 2016 and 2017.Also played basketball and was the founder and president of Maryville High's bass fishing club team. Graduated from NDSU in December 2021 with a bachelor's degree in criminal justice. Sister, Serena, is a senior basketball player at Kansas State. Father, Robert, played basketball for Northwest Missouri State, and mother, Korena, played basketball at Missouri-Rolla.

JALEN SUNDELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	12	0
NFL TOTALS		**12**	**0**



69 | NOSE TACKLE
BUBBA THOMAS

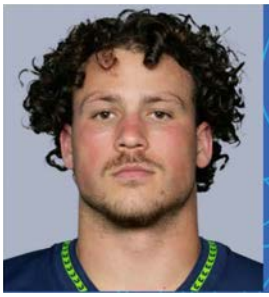
Height: 6-1	**Weight: 301**
College:	**South Alabama**
Season:	**Rookie**
Born:	**July 5, 2000**
Hometown:	**Riverdale, Ga.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Played in 66 games for South Alabama (2019-24), starting the final 39 games of his career along the defensive line. Thomas was named second-team All-Sun Belt in 2024 after posting 41 tackles, the second-most in his six-year career. He appeared in 66 career games, posting 176 tackles, 16 tackles for loss, and 7.5 sacks.

PERSONAL: Received two stars from Rivals.com and 247Sports.com after being a four-year starter and letterwinner at Riverdale High. Was an all-region selection each of his four seasons. A first-team all-region selection after posting 48 stops with 13 behind the of scrimmage his senior year. Part of a Raiders team that went 8-4 after qualifying for the state 5A playoffs. Given name is Wy'Kevious Thomas. Favorite athletes are Aaron Donald and Vince Wilfork. Enjoys riding motorcycles and fish in his free time. Majored in business administration.



42 | LINEBACKER
DRAKE THOMAS

Height: 5-11	Weight: 228
College:	North Carolina State
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	February 25, 2000
Hometown:	Raleigh, N.C.

TRANSACTIONS:

05/12/23: Signed by Las Vegas as a UDFA
08/29/23: Released by Las Vegas
08/30/23: Claimed off waivers by Seattle
11/06/23: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Played in all 17 games in 2024 and finished second on the team with nine special teams tackles.

• Played seven games for Seattle in 2023, mostly on special teams. Suffered a knee injury at Baltimore (11/5/23) and missed the rest of the season.

COLLEGE: Played four years at North Carolina State, seeing action in 47 career games. Totals include 293 tackles (136 solo), 46 tackles for loss, 19 sacks, four interceptions and 13 passes defensed. In 2022, played in 13 games and set career highs with 101 tackles (50), 7.5 sacks and 19 tackles for loss. Led the ACC in tackles for loss. Named first-team All-ACC by the Associated Press and second-team All-ACC by coaches. In 2021, played in 12 games and led the team with 100 tackles (48 solo). Added 13.5 tackles for loss, six sacks, three interceptions and five passes defensed. Named first-team All-ACC by the Associated Press.

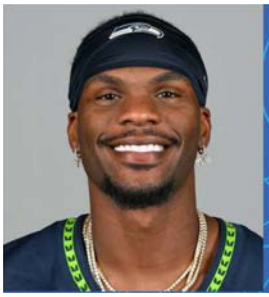
PERSONAL: Attended Heritage High School in Wake Forest, N.C. Played middle linebacker and running back. Finished high school career as the school's all-time leading tackler with 393 stops (203 solo). Eclipsed the 100-tackle mark in each of his final three prep seasons. As a running back, totaled 139 career carries for 908 yards and 11 touchdowns. As a senior, racked up 123 tackles, three sacks and two interceptions. Rushed for 280 yards on 50 carries with seven touchdowns. Led team to North Carolina 4A state playoffs. Ranked as the No. 19 recruit in North Carolina and the No. 22 inside linebacker in the nation by Rivals.com. Also played high school baseball.

DRAKE THOMAS' NFL REGULAR SEASON DEFENSIVE STATISTICS

			TACKLES								INTERCEPTIONS					FUMBLES					ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	7	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2024	Seahawks	17	0	4	0	4	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	9	3	6	0	0	0	0
NFL TOTALS		**24**	**0**	**6**	**1**	**5**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**10**	**3**	**7**	**0**	**0**	**0**	**0**

DRAKE THOMAS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	2 vs. Miami Dolphins, Sep 22, 2024	**Passes Defensed**	1 vs. Miami Dolphins, Sep 22, 2024
	...1 more at 2.	**Special Teams Tackles**	2 at Los Angeles Rams, Jan 05, 2025
Solo Tackles	1 at Baltimore Ravens, Nov 05, 2023		...1 more at 2.



1 | WIDE RECEIVER
MARQUEZ VALDES-SCANTLING

Height: 6-4	**Weight:** 206
College:	South Florida
Seasons:	NFL : 8th, Seahawks 1st
Born:	October 10, 1994
Hometown:	St. Petersburg, Fla.

TRANSACTIONS:

04/28/18: Drafted by Green Bay (5th round, 174th overall)
10/02/21: Placed on IR (hamstring)
11/06/21: Activated from reserve
03/25/22: Signed by Kansas City as a UFA
02/28/24: Released by Kansas City
05/14/24: Signed by Buffalo as a FA
10/15/24: Released by Buffalo
10/22/24: Signed by New Orleans as a FA
03/13/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Started 100th career NFL game on against Atlanta (11/10/24). Finished with three catches for a team-leading 109 yards with two touchdowns, tying a career-high for touchdown receptions in a single game.

• A two-time Super Bowl champion with Kansas City in 2022 and 2023.

• Hauled in a 16-yard touchdown pass from Patrick Mahomes in the Chiefs Super Bowl LVIII win vs. San Francisco (2/11/24).

• Led the NFL with an average of 20.9 yards per catch in 2020 (33 catches for 690 yards).

• Tallied a career-high 42 receptions for 687 yards in his first season in Kansas City in 2022.

COLLEGE: Played in 25 games (23 starts) in two seasons at South Florida (2016-17), posting 75 receptions for 1,294 yards and 11 touchdowns. Started collegiate career at N.C. State (2013-14), where he played in 23 games and caught 44 passes for 538 yards and one touchdown.

PERSONAL: Has a Pomsky named Ace and a Siberian Husky named Spade, who have an Instagram account (aceandspade __ ll). Competed in football and track at Lakewood High School in St. Petersburg, Fla. Has distributed duffel bags filled with blankets, clothing, toiletry items and other supplies to homeless people in Tampa and St. Petersburg each Christmas since 2017. Owns and operates a street-ware apparel company named Sik Selection (sikselection.com), a screen press company named Craft-Tee (craft-tee.com), and FocusFuel (thefocusfuel.com), a natural caffeine gummy. Also does work in real estate. Earned a bachelor's degree in communications.

MARQUEZ VALDES-SCANTLING'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Packers	16	10	38	581	15.3	60	2	2	29	14.5	21	0
2019	Packers	16	10	26	452	17.4	74t	2	2	9	4.5	9	0
2020	Packers	16	12	33	690	20.9	78t	6	4	13	3.3	9	0
2021	Packers	11	7	26	430	16.5	75t	3	0	0	0.0	0	0
2022	Chiefs	17	11	42	687	16.4	57	2	1	-3	-3.0	-3	0
2023	Chiefs	16	10	21	315	15.0	46t	1	0	0	0.0	0	0
2024	Bills	6	0	2	26	13.0	19	0	0	0	0.0	0	0
2024	Saints	8	8	17	385	22.6	71t	4	1	4	4.0	4	0
2024	TOTAL	14	8	19	411	21.6	71t	4	1	4	4.0	4	0
NFL TOTALS		**106**	**68**	**205**	**3,566**	**17.4**	**78T**	**20**	**10**	**52**	**5.2**	**21**	**0**

MARQUEZ VALDES-SCANTLING'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Packers	2	0	1	8	8.0	8	0	0	0	0.0	0	0
2020	Packers	2	2	8	148	18.5	50t	1	0	0	0.0	0	0
2021	Packers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	Chiefs	3	2	7	122	17.4	29	2	0	0	0.0	0	0
2023	Chiefs	4	3	8	128	16.0	32	1	0	0	0.0	0	0
NFL TOTALS		**11**	**7**	**24**	**406**	**16.9**	**50T**	**4**	**0**	**0**	**0.0**	**0**	**0**

MARQUEZ VALDES-SCANTLING'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 vs. Arizona Cardinals, Dec 02, 2018	**All-Purpose Yards**	149 vs. Jacksonville Jaguars, Nov 15, 2020
Rushing Yards	29 vs. Arizona Cardinals, Dec 02, 2018	**Kickoff Returns**	1 vs. Chicago Bears, Sep 09, 2018
Longest Runs	21 vs. Arizona Cardinals, Dec 02, 2018	**Kickoff Return Yards**	21 vs. Chicago Bears, Sep 09, 2018
Receptions	7 at Detroit Lions, Oct 07, 2018	**Longest Kickoff Return**	21 vs. Chicago Bears, Sep 09, 2018
Receiving Yards	149 vs. Jacksonville Jaguars, Nov 15, 2020	**Special Teams Tackles**	2 at Washington Redskins, Sep 23, 2018
Receiving Average	37.3 vs. Jacksonville Jaguars, Nov 15, 2020	**Most TDs**	2 at San Francisco 49ers, Nov 05, 2020
Longest Receptions	78t vs. Jacksonville Jaguars, Nov 15, 2020	**Miscellaneous Tackles**	1 vs. Jacksonville Jaguars, Nov 13, 2022
Receiving TDs	2 at San Francisco 49ers, Nov 05, 2020		...4 more at 1.
		Scrimmage Yards	149 vs. Jacksonville Jaguars, Nov 15, 2020

MARQUEZ VALDES-SCANTLING'S 100-YARD RECEIVING GAMES (7): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/15/20	JAGUARS	4	149	37.3	78t	1
10/20/19	RAIDERS	2	133	66.5	74t	1
11/21/21	at Vikings	4	123	30.8	75t	1
10/23/22	at 49ers	3	111	37.0	57	0
11/10/24	FALCONS	3	109	36.3	67	2
10/15/18	49ERS	3	103	34.3	60	0
11/04/18	at Patriots	3	101	33.7	51	0

MARQUEZ VALDES-SCANTLING'S 2024 GXG REGULAR-SEASON STATISTICS (BILLS/SAINTS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Cardinals	P	1	19	19.0	19	0	0	0	0.0	0	0	W	34-28
09/12	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-10
09/23	Jaguars	P	1	7	7.0	7	0	0	0	0.0	0	0	W	47-10
09/29	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-35
10/06	at Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-23
10/14	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20
						Went from **Bills** to **Saints**.								
10/17	Broncos					NOT ON ROSTER							L	10-33
10/27	at Chargers					ON INACTIVE LIST							L	8-26
11/03	at Panthers	S	1	5	5.0	5	0	0	0	0.0	0	0	L	22-23
11/10	Falcons	S	3	109	36.3	67	2	0	0	0.0	0	0	W	20-17
11/17	Browns	S	2	87	43.5	71t	1	0	0	0.0	0	0	W	35-14
12/01	Rams	S	2	36	18.0	28t	1	0	0	0.0	0	0	L	14-21
12/08	at Giants	S	4	51	12.8	22	0	0	0	0.0	0	0	W	14-11
12/15	Commanders	S	2	64	32.0	39	0	1	4	4.0	4	0	L	19-20
12/23	at Packers					ON INACTIVE LIST							L	0-34
12/29	Raiders	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-25
01/05	at Buccaneers	S	3	33	11.0	20	0	0	0	0.0	0	0	L	19-27
2024 TOTALS		**14-8**	**19**	**411**	**21.6**	**71T**	**4**	**1**	**4**	**4.0**	**4**	**0**	**7-10**	

MARQUEZ VALDES-SCANTLING'S 2023 GXG REGULAR-SEASON STATISTICS (CHIEFS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	Lions	S	2	48	24.0	34	0	0	0	0.0	0	0	L	20-21
09/17	at Jaguars	S	2	13	6.5	8	0	0	0	0.0	0	0	W	17-9
09/24	Bears	S	1	37	37.0	37	0	0	0	0.0	0	0	W	41-10
10/01	at Jets	S	1	6	6.0	6	0	0	0	0.0	0	0	W	23-20
10/08	at Vikings	S	1	12	12.0	12	0	0	0	0.0	0	0	W	27-20
10/12	Broncos	S	0	0	0.0	0	0	0	0	0.0	0	0	W	19-8
10/22	Chargers	S	3	84	28.0	46t	1	0	0	0.0	0	0	W	31-17
10/29	at Broncos	S	2	27	13.5	14	0	0	0	0.0	0	0	L	9-24
11/05	Dolphins	S	2	22	11.0	21	0	0	0	0.0	0	0	W	21-14
11/20	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-21
11/26	at Raiders	P	1	-1	-1.0	-1	0	0	0	0.0	0	0	W	31-17
12/03	at Packers	P	2	25	12.5	16	0	0	0	0.0	0	0	L	19-27
12/10	Bills	P	2	22	11.0	15	0	0	0	0.0	0	0	L	17-20
12/17	at Patriots	P	1	17	17.0	17	0	0	0	0.0	0	0	W	27-17
12/25	Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	14-20
12/31	Bengals	S	1	3	3.0	3	0	0	0	0.0	0	0	W	25-17
01/07	at Chargers					DID NOT PLAY (NON-INJURY)							W	13-12
2023 TOTALS		**16-10**	**21**	**315**	**15.0**	**46T**	**1**	**0**	**0**	**0.0**	**0**	**0**	**11-6**	

MARQUEZ VALDES-SCANTLING'S 2022 GXG REGULAR-SEASON STATISTICS (CHIEFS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/11	at Cardinals	S	4	44	11.0	17	0	1	-3	-3.0	-3	0	W	44-21
09/15	Chargers	S	2	13	6.5	7	0	0	0	0.0	0	0	W	27-24
09/25	at Colts	S	4	48	12.0	24	0	0	0	0.0	0	0	L	17-20
10/02	at Buccaneers	P	3	63	21.0	36	0	0	0	0.0	0	0	W	41-31
10/10	Raiders	S	6	90	15.0	23	0	0	0	0.0	0	0	W	30-29
10/16	Bills	S	0	0	0.0	0	0	0	0	0.0	0	0	L	20-24
10/23	at 49ers	P	3	111	37.0	57	0	0	0	0.0	0	0	W	44-23
11/06	Titans	P	1	12	12.0	12	0	0	0	0.0	0	0	W	20-17+
11/13	Jaguars	S	3	60	20.0	36	1	0	0	0.0	0	0	W	27-17
11/20	at Chargers	P	1	18	18.0	18	0	0	0	0.0	0	0	W	30-27
11/27	Rams	P	4	56	14.0	23	0	0	0	0.0	0	0	W	26-10
12/04	at Bengals	S	2	71	35.5	42	0	0	0	0.0	0	0	L	24-27
12/11	at Broncos	S	1	20	20.0	20	0	0	0	0.0	0	0	W	34-28
12/18	at Texans	S	3	26	8.7	15	1	0	0	0.0	0	0	W	30-24+
12/24	Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
01/01	Broncos	S	2	28	14.0	22	0	0	0	0.0	0	0	W	27-24
01/07	at Raiders	S	3	27	9.0	13	0	0	0	0.0	0	0	W	31-13
2022 TOTALS		**17-11**	**42**	**687**	**16.4**	**57**	**2**	**1**	**-3**	**-3.0**	**-3**	**0**	**14-3**	

+ - Overtime

MARQUEZ VALDES-SCANTLING'S 2021 GXG REGULAR-SEASON STATISTICS (PACKERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Saints	S	3	17	5.7	10	0	0	0	0.0	0	0	L	3-38
09/20	Lions	S	0	0	0.0	0	0	0	0	0.0	0	0	W	35-17
09/26	at 49ers	S	3	59	19.7	47	1	0	0	0.0	0	0	W	30-28
10/03	Steelers						INJURED RESERVE						W	27-17
10/10	at Bengals						INJURED RESERVE						W	25-22+
10/17	at Bears						INJURED RESERVE						W	24-14
10/24	Football Team						INJURED RESERVE						W	24-10
10/28	at Cardinals						INJURED RESERVE						W	24-21
11/07	at Chiefs	P	2	19	9.5	16	0	0	0	0.0	0	0	L	7-13
11/14	Seahawks	P	1	41	41.0	41	0	0	0	0.0	0	0	W	17-0
11/21	at Vikings	S	4	123	30.8	75t	1	0	0	0.0	0	0	L	31-34
11/28	Rams	S	4	50	12.5	28	0	0	0	0.0	0	0	W	36-28
12/12	Bears	S	3	20	6.7	8	0	0	0	0.0	0	0	W	45-30
12/19	at Ravens	P	5	98	19.6	31	1	0	0	0.0	0	0	W	31-30
12/25	Browns						RESERVE/COVID-19						W	24-22
01/02	Vikings	P	1	3	3.0	3	0	0	0	0.0	0	0	W	37-10
01/09	at Lions	S	0	0	0.0	0	0	0	0	0.0	0	0	L	30-37
2021 TOTALS		**11-7**	**26**	**430**	**16.5**	**75T**	**3**	**0**	**0**	**0.0**	**0**	**0**	**13-4**	

+ - Overtime

MARQUEZ VALDES-SCANTLING'S 2020 GXG REGULAR-SEASON STATISTICS (PACKERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Vikings	P	4	96	24.0	45t	1	0	0	0.0	0	0	W	43-34
09/20	Lions	P	3	64	21.3	41	0	0	0	0.0	0	0	W	42-21
09/27	at Saints	S	1	5	5.0	5	0	0	0	0.0	0	0	W	37-30
10/05	Falcons	S	4	45	11.3	17	0	0	0	0.0	0	0	W	30-16
10/18	at Buccaneers	S	3	32	10.7	15	0	0	0	0.0	0	0	L	10-38
10/25	at Texans	S	0	0	0.0	0	0	1	9	9.0	9	0	W	35-20
11/01	Vikings	S	1	19	19.0	19	0	1	4	4.0	4	0	L	22-28
11/05	at 49ers	S	2	53	26.5	52t	2	0	0	0.0	0	0	W	34-17
11/15	Jaguars	S	4	149	37.3	78t	1	0	0	0.0	0	0	W	24-20
11/22	at Colts	S	3	55	18.3	47	0	0	0	0.0	0	0	L	31-34+
11/29	Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	41-25
12/06	Eagles	S	0	0	0.0	0	0	1	-4	-4.0	-4	0	W	30-16
12/13	at Lions	S	6	85	14.2	21	1	0	0	0.0	0	0	W	31-24
12/19	Panthers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	24-16
12/27	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	40-14
01/03	at Bears	P	2	87	43.5	72t	1	1	4	4.0	4	0	W	35-16
2020 TOTALS		**16-12**	**33**	**690**	**20.9**	**78T**	**6**	**4**	**13**	**3.3**	**9**	**0**	**13-3**	

+ - Overtime

MARQUEZ VALDES-SCANTLING'S 2019 GXG REGULAR-SEASON STATISTICS (PACKERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/05	at Bears	S	4	52	13.0	47	0	1	0	0.0	0	0	W	10-3
09/15	Vikings	S	3	19	6.3	14	0	0	0	0.0	0	0	W	21-16
09/22	Broncos	S	6	99	16.5	40t	1	0	0	0.0	0	0	W	27-16
09/26	Eagles	S	3	47	15.7	26	0	0	0	0.0	0	0	L	27-34
10/06	at Cowboys	S	1	18	18.0	18	0	0	0	0.0	0	0	W	34-24
10/14	Lions	S	2	48	24.0	46	0	1	9	9.0	9	0	W	23-22
10/20	Raiders	P	2	133	66.5	74t	1	0	0	0.0	0	0	W	42-24
10/27	at Chiefs	S	1	4	4.0	4	0	0	0	0.0	0	0	W	31-24
11/03	at Chargers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	11-26
11/10	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-16
11/24	at 49ers	P	1	7	7.0	7	0	0	0	0.0	0	0	L	8-37
12/01	at Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-13
12/08	Redskins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/15	Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	21-13
12/23	at Vikings	P	1	6	6.0	6	0	0	0	0.0	0	0	W	23-10
12/29	at Lions	S	2	19	9.5	11	0	0	0	0.0	0	0	W	23-20
2019 TOTALS		**16-10**	**26**	**452**	**17.4**	**74T**	**2**	**2**	**9**	**4.5**	**9**	**0**	**13-3**	

MARQUEZ VALDES-SCANTLING'S 2018 GXG REGULAR-SEASON STATISTICS (PACKERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L/T	SCORE
09/09	Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-23
09/16	Vikings	P	1	3	3.0	3	0	0	0	0.0	0	0	T	29-29
09/23	at Redskins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-31
09/30	Bills	S	1	38	38.0	38	0	0	0	0.0	0	0	W	22-0
10/07	at Lions	S	7	68	9.7	14	1	0	0	0.0	0	0	L	23-31
10/15	49ers	S	3	103	34.3	60	0	0	0	0.0	0	0	W	33-30
10/28	at Rams	S	2	45	22.5	40t	1	0	0	0.0	0	0	L	27-29
11/04	at Patriots	S	3	101	33.7	51	0	0	0	0.0	0	0	L	17-31
11/11	Dolphins	S	6	44	7.3	11	0	0	0	0.0	0	0	W	31-12
11/15	at Seahawks	S	1	8	8.0	8	0	0	0	0.0	0	0	L	24-27
11/25	at Vikings	S	1	3	3.0	3	0	0	0	0.0	0	0	L	17-24
12/02	Cardinals	S	2	19	9.5	11	0	2	29	14.5	21	0	L	17-20
12/09	Falcons	P	2	19	9.5	14	0	0	0	0.0	0	0	W	34-20
12/16	at Bears	P	1	12	12.0	12	0	0	0	0.0	0	0	L	17-24
12/23	at Jets	P	5	75	15.0	42	0	0	0	0.0	0	0	W	44-38+
12/30	Lions	S	3	43	14.3	19	0	0	0	0.0	0	0	L	0-31
2018 TOTALS		**16-10**	**38**	**581**	**15.3**	**60**	**2**	**2**	**29**	**14.5**	**21**	**0**	**6-9-1**	

+ - Overtime

9 | RUNNING BACK
KENNETH WALKER III

Height: 5-9	Weight: 216
College:	Michigan State
Seasons:	NFL : 4th, Seahawks 4th
Born:	October 20, 2000
Hometown:	Arlington, Tenn.

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 41st overall)
12/26/24: Placed on IR (ankle)

NFL CAREER HIGHLIGHTS:

• Ranks tied for sixth in franchise history with 24 rushing touchdowns.

• Started all 11 games played in 2024. Rushed for 103 yards on 20 carries with one touchdown vs. Denver (9/8/24), his seventh-career 100-yard game. Walker's touchdown, along with Geno Smith's 34-yard run and Zach Charbonnet's 30-yard touchdown catch, marked the first time since Week 7 of the 2022 season that the offense has scored three or more touchdowns of 20-plus yards in a game.

• At Detroit (9/30/24), rushed 12 times for 80 yards and a career-high three rushing touchdowns. It was the first time a Seattle player had at least three rushing touchdowns since Marshawn Lynch (4 vs. N.Y. Giants, 11/9/14).

• Rushed a season-high 26 times for 105 yards vs. Arizona (10/22/23), his lone 100-yard effort of the season, and sixth of his career.

• Became the first rookie since 2018 (Saquon Barkley) to have three straight 100-yard rushing games (Weeks 16-18, 2022). Led all rookies with 1,050 rushing yards, led the NFL with 354 yards over the final three weeks of the regular season, ranked tied for first in the NFL with nine touchdowns by a rookies (first among running backs), and ranked tied for second in the NFL with 10 rushes of at least 20 yards. Finished second in AP Offensive Rookie of the Year voting.

• Became the second rookie in franchise history with 1,000 rushing yards (Curt Warner, 1983), posting 1,050 in 2022, and ranked second in franchise history with five 100-yard rushing games by a rookie. Also became the third Seattle rookie (Curt Warner, Joey Galloway) to eclipse 1,000 scrimmage yards in a season (1,215). Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

• Named NFL Offensive Rookie of the Month for October. Along with CB Tariq Woolen (NFL Defensive Rookie of the Month for October), became the first teammates to win the award in the same month since it began in 1996.

• Posted the second-fastest ball-carrier speed in the NFL, clocking 22.09 mph during his 74-yard touchdown run at the L.A. Chargers (10/23/22). Rushed for a career-high 167 rushing yards and two touchdowns in that Chargers game. Was the first Seahawks rookie with 150-plus rushing yards and two-plus rushing touchdowns since Curt Warner vs. Kansas City (11/27/83). With touchdown runs of 69 and 74 yards in 2022, Walker became the first rookie with two 65-yard touchdown runs since Saquon Barkley in 2018. His 265 rushing yards in his first two career starts were the most in franchise history.

HONORS: 2023: NFC Offensive Player of the Week 3; 2022: PFWA All-Rookie Team, NFL Rookie of the Month for October.

COLLEGE: Finished sixth overall in Heisman Trophy voting. 2021 Walter Camp National Player of the Year, 2021 Doak Walker award winner, 2021 consensus All-American as unanimous first-team selection (AFCA, AP, Sporting News, FWAA, Walter Camp, ESPN.com, CBS Sports, Pro Football Focus and The Athletic), 2021 Big Ten Co-Offensive Player of the Year (AP), 2021 Big Ten Ameche-Dayne Running Back of the Year, 2021 first-team All-Big Ten (coaches & media) and 2021 Maxwell Award finalist. Transfer from Wake Forest and joined the Spartan program in January 2021. Made an immediate impact in one record-breaking season in East Lansing. Played in a total of 32 collegiate games (20 at Wake Forest from 2019-20, 12 at Michigan State in 2021). Rushed for 2,794 yards and 35 touchdowns on 480 carries in his career (1,158 yards and 17 touchdowns at Wake Forest in 2020-21; 1,636 yards and 18 touchdowns at MSU in 2021). Finished his collegiate career with 3,069 all-purpose yards (1,344 at Wake Forest; 1,725 at MSU) and 36 total touchdowns (17 rushing at Wake Forest; 18 rushing and one receiving at MSU). Had 13 100-yard rushing games in career (two at Wake Forest in 2019; three at Wake Forest in 2020; eight at Michigan State in 2021). Won the Big Ten rushing title, averaging 136.3 yards per game, and finished the season ranked No. 2 in the FBS and No. 1 in the Power 5 in rushing yards per game (136.3) and total rushing yards (1,636). Started all 12 games in the regular season but opted out of the Chick-fil-A Peach Bowl to prepare for the NFL Draft. Ranked among MSU's single-season leaders in rushing yards per game (third with 136.3 ypg), rushing yards (fourth with 1,636), points (fourth with 114), total touchdowns (fourth with 19), rushing touchdowns (tied for fifth with 18), all-purpose yards (10th with 1,725), rushing average (10th with 6.22 avg.) and carries (11th with 263).

PERSONAL: Attended Arlington High School in Tennessee near Memphis, rushing for 3,485 yards on 493 carries, including 13 100-yard games, with 41 touchdowns in his prep career. Also had 64 catches for 1,058 yards and 16 touchdowns. Rushed for 1,403 yards as a senior with 27 touchdowns despite missing three games. Nominated for the Tennessee Sports Writers Association all-state team. Named first-team all-region at running back and kick returner. Rushed for 1,205 yards and 17 touchdowns as a junior with seven 100-yard games, Named first-team All-Region 7-6A at running back and second team as a kick returner. Majored in communications.

KENNETH WALKER III'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	15	11	228	1,050	4.6	74t	9	27	165	6.1	33	0
2023	Seahawks	15	15	219	905	4.1	45	8	29	259	8.9	64t	1
2024	Seahawks	11	11	153	573	3.7	28	7	46	299	6.5	21	1
NFL TOTALS		**41**	**37**	**600**	**2,528**	**4.2**	**74T**	**24**	**102**	**723**	**7.1**	**64T**	**2**

KENNETH WALKER III'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	1	1	15	63	4.2	9	1	1	3	3.0	3	0
NFL TOTALS		**1**	**1**	**15**	**63**	**4.2**	**9**	**1**	**1**	**3**	**3.0**	**3**	**0**

KENNETH WALKER III'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	29 vs. Los Angeles Rams, Jan 08, 2023	**Receiving Average**	19.7 vs. Carolina Panthers, Sep 24, 2023
Rushing Yards	167 at Los Angeles Chargers, Oct 23, 2022	**Longest Receptions**	64t vs. Washington Commanders, Nov 12, 2023
Rushing Average	11.0 at New Orleans Saints, Oct 09, 2022	**Receiving TDs**	1 at Atlanta Falcons, Oct 20, 2024
Longest Runs	74t at Los Angeles Chargers, Oct 23, 2022		...1 more at 1.
Rushing TDs	3 at Detroit Lions, Sep 30, 2024	**All-Purpose Yards**	167 at Los Angeles Chargers, Oct 23, 2022
Receptions	8 vs. Minnesota Vikings, Dec 22, 2024	**Most TDs**	3 at Detroit Lions, Sep 30, 2024
	...1 more at 8.	**Miscellaneous Tackles**	1 vs. Buffalo Bills, Oct 27, 2024
Receiving Yards	64 vs. Washington Commanders, Nov 12, 2023		...4 more at 1.
		Scrimmage Yards	167 at Los Angeles Chargers, Oct 23, 2022

KENNETH WALKER III'S 100-YARD RUSHING GAMES (7): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
10/23/22	at Chargers	23	167	7.3	74t	2
01/01/23	JETS	23	133	5.8	60	0
01/08/23	RAMS	29	114	3.9	20	0
11/06/22	at Cardinals	26	109	4.2	15	2
12/24/22	at Chiefs	26	107	4.1	20	0
10/22/23	CARDINALS	26	105	4.0	25	0
09/08/24	BRONCOS	20	103	5.2	23t	1

KENNETH WALKER III'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Broncos	S	20	103	5.2	23t	1	2	6	3.0	8	0	W	26-20
09/15	at Patriots						ON INACTIVE LIST						W	23-20+
09/22	Dolphins						ON INACTIVE LIST						W	24-3
09/30	at Lions	S	12	80	6.7	28	3	4	36	9.0	13	0	L	29-42
10/06	Giants	S	5	19	3.8	7	0	7	57	8.1	17	0	L	20-29
10/10	49ers	S	14	32	2.3	8	1	8	37	4.6	11	0	L	24-36
10/20	at Falcons	S	14	69	4.9	20t	1	2	24	12.0	17t	1	W	34-14
10/27	Bills	S	9	12	1.3	5	0	4	33	8.3	17	0	L	10-31
11/03	Rams	S	25	83	3.3	10	0	3	24	8.0	18	0	L	20-26+
11/17	at 49ers	S	14	54	3.9	11	1	2	5	2.5	5	0	W	20-17
11/24	Cardinals	S	16	41	2.6	14	0	4	52	13.0	21	0	W	16-6
12/01	at Jets	S	16	49	3.1	11	0	2	-3	-1.5	1	0	W	26-21
12/08	at Cardinals						ON INACTIVE LIST						W	30-18
12/15	Packers						INACTIVE						L	13-30
12/22	Vikings	S	8	31	3.9	11	0	8	28	3.5	8	0	L	24-27
12/26	at Bears						DID NOT PLAY						W	6-3
01/05	at Rams						INJURED RESERVE						W	30-25
2024 TOTALS		**11-11**	**153**	**573**	**3.7**	**28**	**7**	**46**	**299**	**6.5**	**21**	**1**	**10-7**	

+ - Overtime

KENNETH WALKER III'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

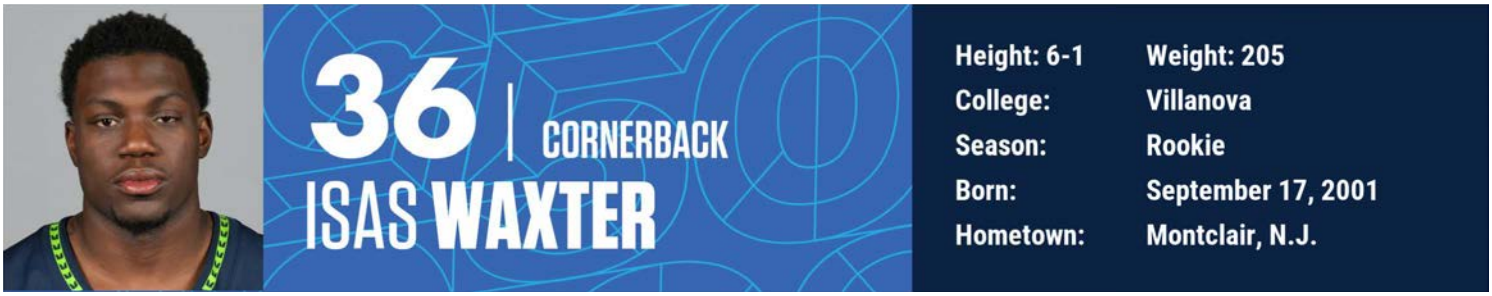
			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	S	12	64	5.3	15	0	4	3	0.8	6	0	L	13-30
09/17	at Lions	S	17	43	2.5	14	2	1	11	11.0	11	0	W	37-31+
09/24	Panthers	S	18	97	5.4	36	2	3	59	19.7	36	0	W	37-27
10/02	at Giants	S	17	79	4.6	31	1	0	0	0.0	0	0	W	24-3
10/15	at Bengals	S	19	62	3.3	21	1	3	27	9.0	15	0	L	13-17
10/22	Cardinals	S	26	105	4.0	25	0	2	6	3.0	6	0	W	20-10
10/29	Browns	S	8	66	8.3	45	0	1	4	4.0	4	0	W	24-20
11/05	at Ravens	S	9	16	1.8	6	0	1	1	1.0	1	0	L	3-37
11/12	Commanders	S	19	63	3.3	13	0	1	64	64.0	64t	1	W	29-26
11/19	at Rams	S	4	18	4.5	6	0	1	-2	-2.0	-2	0	L	16-17
11/23	49ers						INACTIVE						L	13-31
11/30	at Cowboys						INACTIVE						L	35-41
12/10	at 49ers	S	8	21	2.6	12	0	4	33	8.3	27	0	L	16-28
12/18	Eagles	S	19	86	4.5	23t	1	3	26	8.7	15	0	W	20-17
12/24	at Titans	S	16	54	3.4	24	0	1	2	2.0	2	0	W	20-17
12/31	Steelers	S	10	53	5.3	13t	1	3	22	7.3	11	0	L	23-30
01/07	at Cardinals	S	17	78	4.6	16	0	1	3	3.0	3	0	W	21-20
2023 TOTALS		**15-15**	**219**	**905**	**4.1**	**45**	**8**	**29**	**259**	**8.9**	**64T**	**1**	**9-8**	

+ - Overtime

KENNETH WALKER III'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos						ON INACTIVE LIST						W	17-16
09/18	at 49ers	P	4	10	2.5	8	0	2	5	2.5	3	0	L	7-27
09/25	Falcons	P	3	19	6.3	21	0	3	14	4.7	6	0	L	23-27
10/02	at Lions	P	8	29	3.6	13	0	1	-5	-5.0	-5	0	W	48-45
10/09	at Saints	P	8	88	11.0	69t	1	0	0	0.0	0	0	L	32-39
10/16	Cardinals	S	21	97	4.6	34	1	2	13	6.5	7	0	W	19-9
10/23	at Chargers	S	23	167	7.3	74t	2	0	0	0.0	0	0	W	37-23
10/30	Giants	S	18	51	2.8	16t	1	1	1	1.0	1	0	W	27-13
11/06	at Cardinals	S	26	109	4.2	15	2	3	20	6.7	13	0	W	31-21
11/13	at Buccaneers	S	10	17	1.7	5	0	6	55	9.2	23	0	L	16-21
11/27	Raiders	S	14	26	1.9	14t	2	1	13	13.0	13	0	L	34-40+
12/04	at Rams	S	3	36	12.0	30	0	0	0	0.0	0	0	W	27-23
12/11	Panthers						ON INACTIVE LIST						L	24-30
12/15	49ers	S	12	47	3.9	15	0	4	32	8.0	33	0	L	13-21
12/24	at Chiefs	S	26	107	4.1	20	0	2	-2	-1.0	0	0	L	10-24
01/01	Jets	S	23	133	5.8	60	0	1	9	9.0	9	0	W	23-6
01/08	Rams	S	29	114	3.9	20	0	1	10	10.0	10	0	W	19-16+
2022 TOTALS		**15-11**	**228**	**1,050**	**4.6**	**74T**	**9**	**27**	**165**	**6.1**	**33**	**0**	**9-8**	

+ - Overtime



TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Started 26 of 46 career games played for the Wildcats (2019-24), starting his final three seasons at corner. Named FCS second-team All-American in 2024 and earned second-team All-Coastal Athletic Association honors in 2023, after starting all 13 games with 26 tackles, four tackles for loss, three interceptions and eight passes defensed.

PERSONAL: Played for the football team and competed on the track & field team at Immaculate Conception High. As a football player, was a first-team all-county performer and a two-time first team all-conference selection, and as a track & field athlete, was a second team all-state honoree and a four-time all-group performer.

82 | WIDE RECEIVER
CODY WHITE

Height: 6-3 Weight: 227
College: Michigan State
Seasons: NFL : 6th, Seahawks 3rd
Born: November 28, 1998
Hometown: Novi, Mich.

TRANSACTIONS:

04/30/20: Signed by Kansas City as a UDFA
07/26/20: Waived/non-football injury
08/11/20: Signed by N.Y. Giants as a FA
08/16/20: Released by N.Y. Giants
08/23/20: Signed by Denver as a FA
09/05/20: Released by Denver
09/24/20: Signed to Pittsburgh's PS
08/31/21: Released by Pittsburgh
09/01/21: Signed to Pittsburgh's PS
10/09/21: Signed to active roster
08/30/22: Released by Pittsburgh
08/31/22: Signed to Pittsburgh's PS
08/21/23: Waived/injured
08/25/23: Waived/injury settlement
10/18/23: Signed to Seattle's PS
10/24/23: Released by Seattle
11/27/23: Signed to Seattle's PS
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
11/02/24: Gameday activation
11/04/24: Reverted to Seattle's PS
11/16/24: Signed to active roster
03/14/25: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Began the 2024 season on Seattle's practice squad until signing to the active roster in November. Played in four games. Blocked his first-career punt vs. the L.A. Rams (11/3/24) and added two catches for 44 yards. It was the first blocked punt by a Seattle player since Ryan Neal (vs. N.Y. Giants, 12/6/20).

• Began the 2021 season on Pittsburgh's practice squad but was signed to the active roster mid-season and played in 15 games, recording five receptions for 33 yards.

• Signed with Pittsburgh as an undrafted rookie in 2020 and spent three seasons with the Steelers (2020-22). Spent the majority of the 2020 and 2022 seasons on the practice squad.

COLLEGE: Three-year letterwinner that played in 35 career games, including 26 starts, at Michigan State. Finished his career ranked seventh in Michigan State history with 143 receptions, 12th with 1,967 receiving yards and tied for 16th with 12 touchdown catches. Compiled 2,115 all-purpose yards (1,967 receiving; 85 punt return; 63 rushing), and had five-career 100-yard receiving outings.

PERSONAL: Played a multitude of positions at Walled Lake Western, including wide receiver, quarterback, running back, safety, cornerback, punter, placekicker and return specialist. Was the winner of the Michigan Mr. Football Award. Selected to the Detroit Free Press and Detroit News All-State Dream Teams. His father, Sheldon, is the Director of Pro Scouting for the Steelers and previously worked 19 seasons in the front office with the Detroit Lions. He played defensive back in the NFL for six seasons (1988-93).

CODY WHITE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Steelers	15	0	5	33	6.6	11	0	0	0	0.0	0	0
2022	Steelers	1	1	1	2	2.0	2	0	0	0	0.0	0	0
2023	Steelers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	4	0	2	44	22.0	28	0	0	0	0.0	0	0
NFL TOTALS		**20**	**1**	**8**	**79**	**9.9**	**28**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2021 (4); 2025 (1); **Career**: 4.
Blocked Punt: 2024 (1); **Career**: 1.

CODY WHITE'S SINGLE-GAME HIGHS: RECEIVING

Receptions	3 at Kansas City Chiefs, Dec 26, 2021	**Longest Receptions**	28 vs. Los Angeles Rams, Nov 03, 2024
Receiving Yards	44 vs. Los Angeles Rams, Nov 03, 2024	**All-Purpose Yards**	44 vs. Los Angeles Rams, Nov 03, 2024
Receiving Average	5.3 at Kansas City Chiefs, Dec 26, 2021	**Special Teams Tackles**	2 vs. Chicago Bears, Nov 08, 2021

CODY WHITE'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos						PRACTICE SQUAD						W	26-20
09/15	at Patriots						PRACTICE SQUAD						W	23-20+
09/22	Dolphins						PRACTICE SQUAD						W	24-3
09/30	at Lions						PRACTICE SQUAD						L	29-42
10/06	Giants						PRACTICE SQUAD						L	20-29
10/10	49ers						PRACTICE SQUAD						L	24-36
10/20	at Falcons						PRACTICE SQUAD						W	34-14
10/27	Bills						PRACTICE SQUAD						L	10-31
11/03	Rams						PRACTICE SQUAD						L	20-26+
11/17	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-21
12/08	at Cardinals						ON INACTIVE LIST						W	30-18
12/15	Packers						INACTIVE						L	13-30
12/22	Vikings						INACTIVE						L	24-27
12/26	at Bears						INACTIVE						W	6-3
01/05	at Rams						ON INACTIVE LIST						W	30-25
2024 TOTALS		**3-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

CODY WHITE'S 2023 GXG REGULAR-SEASON STATISTICS (STEELERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
12/31	at Seahawks						PRACTICE SQUAD						W	30-23
2023 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

CODY WHITE'S 2022 GXG REGULAR-SEASON STATISTICS (STEELERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/11	at Bengals						PRACTICE SQUAD						W	23-20+
09/18	Patriots						PRACTICE SQUAD						L	14-17
09/22	at Browns						PRACTICE SQUAD						L	17-29
10/02	Jets						PRACTICE SQUAD						L	20-24
10/09	at Bills						PRACTICE SQUAD						L	3-38
10/16	Buccaneers						PRACTICE SQUAD						W	20-18
10/23	at Dolphins						PRACTICE SQUAD						L	10-16
10/30	at Eagles						PRACTICE SQUAD						L	13-35
11/13	Saints						PRACTICE SQUAD						W	20-10
11/20	Bengals						PRACTICE SQUAD						L	30-37
11/28	at Colts						PRACTICE SQUAD						W	24-17
12/04	at Falcons						PRACTICE SQUAD						W	19-16
12/11	Ravens						PRACTICE SQUAD						L	14-16
12/18	at Panthers						PRACTICE SQUAD						W	24-16
12/24	Raiders						PRACTICE SQUAD						W	13-10
01/01	at Ravens						PRACTICE SQUAD						W	16-13
01/08	Browns						PRACTICE SQUAD						W	28-14
2022 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

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CODY WHITE'S 2021 GXG REGULAR-SEASON STATISTICS (STEELERS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L/T**	**SCORE**
09/12	at Bills						PRACTICE SQUAD						W	23-16
09/19	Raiders						PRACTICE SQUAD						L	17-26
09/26	Bengals	P	2	17	8.5	11	0	0	0	0.0	0	0	L	10-24
10/03	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-27
10/10	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-19
10/17	Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
10/31	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	15-10
11/08	Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-27
11/14	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	T	16-16
11/21	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	37-41
11/28	at Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-41
12/05	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-19
12/09	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	28-36
12/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-13
12/26	at Chiefs	P	3	16	5.3	6	0	0	0	0.0	0	0	L	10-36
01/03	Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-14
01/09	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-13+
2021 TOTALS		**15-0**	**5**	**33**	**6.6**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-7-1**	

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CODY WHITE'S 2020 GXG REGULAR-SEASON STATISTICS (CHIEFS/STEELERS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	Texans						NOT ON ROSTER						W	34-20
09/20	at Chargers						NOT ON ROSTER						W	23-20+
09/28	at Ravens						NOT ON ROSTER						W	34-20
10/05	Patriots						NOT ON ROSTER						W	26-10
10/11	Raiders						NOT ON ROSTER						L	32-40
10/19	at Bills						NOT ON ROSTER						W	26-17
10/25	at Broncos						NOT ON ROSTER						W	43-16
11/01	Jets						NOT ON ROSTER						W	35-9
11/08	Panthers						NOT ON ROSTER						W	33-31
							Went from **Chiefs** to **Steelers**.							
11/15	Bengals						PRACTICE SQUAD						W	36-10
							Went from **Steelers** to **Chiefs**.							
11/22	at Raiders						NOT ON ROSTER						W	35-31
11/29	at Buccaneers						NOT ON ROSTER						W	27-24
12/06	Broncos						NOT ON ROSTER						W	22-16
12/13	at Dolphins						NOT ON ROSTER						W	33-27
12/20	at Saints						NOT ON ROSTER						W	32-29
12/27	Falcons						NOT ON ROSTER						W	17-14
01/03	Chargers						NOT ON ROSTER						L	21-38
2020 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**15-2**	

+ - Overtime

86 | WIDE RECEIVER
RICKY WHITE III

Height: 6-1	Weight: 181
College:	UNLV
Season:	Rookie
Born:	February 6, 2002
Hometown:	Marietta, Ga.

TRANSACTIONS:

04/26/25: Drafted by Seattle (7th round, 238th overall)

COLLEGE: Named Mountain West Special Teams Player of the Year after blocking four kicks in 2024 and named first-team All-Mountain West as a wide receiver. Was the first Rebels receiver to earn first-team All-Mountain West in multiple seasons since UNLV Athletics Hall of Fame member Ryan Wolfe did it three times (2006, 08-09), and became the first receiver to post more than one 1,000-yard receiving season. In 2023, named third-team All-American by the Associated Press, becoming just the second UNLV wide receiver to appear on an AP team in history and first since 1981. Shattered a four-decade-old school record for receiving yards (1,491) in a season and tied the UNLV mark for receptions in season with 88. Was the first Rebel ever to post five consecutive games with at least 100 receiving yards, and his seven 100-yard games on the year ranked second in school history. Spent two seasons at Michigan State, recording 10 receptions for 223 yards during his true freshman season in 2020.

PERSONAL: A 2020 graduate of Marietta High. Helped his squad to the Georgia Class7A state championship in 2019 after he recorded 97 catches for 1,319 yards and 16 touchdowns as a senior as Marietta went 13-2. Recorded five receptions for 72 yards, including a 21-yard touchdown, in the state title game victory over Lowndes. Named to the Marietta Daily Journal All-County First Team for a second straight season in 2019. Started prep career at Wheeler High. Posted 55 catches for 1,066 yards and 13 touchdowns as a junior in 2018 and earned first-team all-region 2-7A. Also lettered basketball. Born in Dayton, Ohio, and has 11 siblings. Majored in human services.

RICKY WHITE III'S COLLEGE RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Michigan St.	4	3	0	0	0.0	0	0	10	223	22.3	50	1
2021	Michigan St.	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	UNLV	12	12	1	3	3.0	3	0	51	619	12.1	72	4
2023	UNLV	14	13	1	1	1.0	1	0	89	1,491	16.8	82	8
2024	UNLV	13	13	1	1	1.0	1	0	79	1,041	13.2	55	11
TOTALS		**44**	**41**	**3**	**5**	**1.7**	**3**	**0**	**229**	**3,374**	**14.7**	**82**	**24**

37 | CORNERBACK
DAMARION WILLIAMS

Height: 5-10	**Weight:** 183
College:	Houston
Seasons:	NFL : 4th, Seahawks 2nd
Born:	July 15, 1998
Hometown:	Miami, Fla.

TRANSACTIONS:

04/30/22: Drafted by Baltimore (4th round, 141st overall)
08/31/23: Placed on IR (ankle)
12/12/23: Activated from reserve
01/15/24: Placed on IR (ankle)
02/12/24: Activated from reserve
08/27/24: Released by Baltimore
10/08/24: Signed to Baltimore's PS
10/15/24: Released by Baltimore
10/23/24: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Spent last-half of the 2024 season on Seattle's practice squad.

• Williams, a fourth-round pick of the Ravens out of Houston in 2022, appeared 14 games as a rookie, recording 24 tackles and two passes defensed. He spent most of 2023 on injured reserve, appearing in just one game, then was waived before the start of the season this year, briefly spending time on Baltimore's practice squad in October 2024.

COLLEGE: Totaled 163 tackles, 24 passes defensed, three interceptions in 34 career games (33 starts) at Houston. Was a two-time captain with the Cougars (2020-21) and earned honorable mention All-AAC honors in 2020. Spent his first two collegiate years (2017-18) at Highland (Kan.) Community College before earning a scholarship at Houston.

PERSONAL: Grew up in Miami, but went to two different high schools in Georgia. Did not play organized football until his junior year of high school. Prepped at Community Christian School (Stockbridge, Ga.) his senior year and recorded 19 touchdowns while playing on both sides of the ball. Prepped at Lovejoy (Hampton, Ga.) High School his junior year. Goes by the nickname "Pepe," given to him by his Spanish godmother.

DAMARION WILLIAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Ravens	14	0	22	14	8	1	1	0.0	0.0	0	0	0	0	0	2	0	0	0	0	2	1	1	0	0	0	0
2023	Ravens	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**15**	**0**	**22**	**14**	**8**	**1**	**1**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

DAMARION WILLIAMS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DAMARION WILLIAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at Tampa Bay Buccaneers, Oct 27, 2022	**Passes Defensed**	2 vs. Miami Dolphins, Sep 18, 2022
Solo Tackles	3 at New York Giants, Oct 16, 2022	**Tackles For Loss**	1 vs. Cincinnati Bengals, Oct 09, 2022
	...2 more at 3.		

99 | DEFENSIVE END
LEONARD WILLIAMS

Height: 6-5	Weight: 310
College:	USC
Seasons:	NFL : 11th, Seahawks 3rd
Born:	June 20, 1994
Hometown:	Daytona Beach, Fla.

PRO BOWL '16 PRO BOWL '24

TRANSACTIONS:

04/30/15: Drafted by N.Y. Jets (1st round, 6th overall)
10/29/19: Traded to N.Y. Giants
04/23/20: Franchise Player Signing
03/18/21: Signed contract extension
11/01/23: Traded to Seattle
03/13/24: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

• Finished 2024 ranked first among NFL interior linemen in both sacks (11.0, second-most in career) and tackles for loss (career-high 16). Became the first Seattle player since Frank Clark and Jarran Reed in 2018 with double-digit sacks, and was one of two players (Myles Garrett) with two-plus sacks and three-plus tackles for loss in three games this season. Led the NFC (T3rd NFL) with 28 quarterback hits.

• Named NFC Defensive Player of the Month for December/January, the first Seattle player to be named Player of the Month since Geno Smith in October of 2022, and the first Seahawks defensive player since Cliff Avril in 2016.

• At the N.Y. Jets (12/1/24), became the first player since 1982 with multiple sacks (2.0), an interception-return touchdown (92 yards, longest return by a defensive lineman in NFL history), and a blocked kick in a single-game. Reached a top speed of 17.84 mph on his touchdown return.

• Missing both team's bye weeks after being traded from the N.Y. Giants to Seattle in 2023, became the first player to play 18 games in a season since Tony Kostos and Cookie Tackwell in 1930.

• Following his trade to Seattle in 2023, started all 10 games played, totaled 41 tackles, 4.0 sacks and 11 quarterback hits. In eight games with seven starts for the N.Y. Giants, tallied 21 tackles (13 solo), 1.5 sacks and five quarterback hits.

• Entering the 2023 season, played in 131 regular-season games with 122 starts for the Giants and Jets, including 60 games with 52 starts for the Giants. Career totals include 469 tackles (237 solo), 39.5 sacks, 162 quarterback hits, 59 tackles for loss, six forced fumbles, four fumble recoveries, nine passes defensed, one interception and one blocked field goal. In two postseason games with the Giants, he has six tackles (two solo), two quarterback hits and one pass defensed.

• In 2020, Williams had the most productive season of his career while playing in all 16 games with 12 starts. His team-leading and career-high 11.5 sacks were the most by a Giants' player since Jason Pierre-Paul's 14.5 in 2014 and were 7.5 more than any of his teammates. He was third in the NFL with 30 quarterback hits and tied for sixth with 14 tackles for loss. He was also named NFC Defensive Player of the Week twice.

• In his lone Pro Bowl season in 2016, Williams started all 16 games and recorded 68 tackles (36 solo), 7.0 sacks, 11 tackles for loss, two forced fumbles and 19 quarterback hits.

• He was named to the PFWA All-Rookie Team in 2015 after posting 63 tackles (29 solo), 3.0 sacks, 21 quarterback hits and seven tackles for loss in 16 games (15 starts).

HONORS: 2024: NFC Pro Bowl, NFC Defensive Player of the Month for December/January, NFC Defensive Player of the Week 13, PFWA All-NFC Team; 2016: NFC Pro Bowl; 2015: PFWA All-Rookie Team.

COLLEGE: Played in 39 games with 35 starts at USC, totaling 218 tackles (111 solo), 21.0 sacks, 36.5 tackles for loss, four forced fumbles, five fumble recoveries, two interceptions and seven passes defensed. In his final season in 2014, started all 13 games and finished with 80 tackles (48 solo), 7.0 sacks, 9.5 tackles for loss, one forced fumble, three fumble recoveries, one interception and three passes defensed. Named first-team All-Pac 12 and first-team All-America. In 2013, started all 13 games and recorded 74 tackles (32 solo), 6.0 sacks, 13.5 tackles for loss, one forced fumble, and two fumble recoveries. Named first-team All-Pac-12 and first-team All-American. As a freshman in 2012, played in 13 games with nine starts and registered 64 tackles (31 solo), 8.0 sacks, 13.5 tackles for loss, two forced fumbles, one interception and four passes defensed. Named Pac-12 Defensive Freshman of the Year.

PERSONAL: Born in Bakersfield, Calif. Attended Mainland High in Daytona Beach, Fla. Named all-state Class 6A first-team by the Associated Press after his senior year at Mainland. Selected to the 2012 Under Armour All-American Game. Was also a standout in the weight throw for Mainland's track team.

LEONARD WILLIAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2015	Jets	16	15	63	29	34	7	18	3.0	16.0	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Jets	16	16	68	36	32	11	42	7.0	48.0	19	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2017	Jets	16	16	47	22	25	3	8	2.0	12.0	25	1	6	6	0	1	0	0	0	0	0	0	0	0	0	0	0
2018	Jets	16	16	42	27	15	11	54	5.0	43.5	20	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2019	Jets	7	7	20	8	12	0	0	0.0	0.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2019	Giants	8	5	26	13	13	2	1	0.5	5.0	11	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0
2019	TOTAL	15	12	46	21	25	2	1	0.5	5.0	16	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2020	Giants	16	12	57	29	28	14	99	11.5	101.5	30	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0
2021	Giants	17	17	81	34	47	5	23	6.5	38.5	14	0	0	0	0	2	2	1	0	0	0	0	0	0	0	0	0
2022	Giants	12	12	45	26	19	5	18	2.5	19.0	12	0	0	0	0	0	1	2	0	0	0	0	0	0	0	0	0
2023	Giants	8	7	21	13	8	1	9	1.5	12.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Seahawks	10	10	41	24	17	9	51	4.0	28.0	11	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	TOTAL	18	17	62	37	25	10	60	5.5	40.0	16	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	16	16	64	37	27	16	77	11.0	71.5	28	1	92	92t	1	3	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**158**	**149**	**575**	**298**	**277**	**84**	**400**	**54.5**	**395.0**	**201**	**2**	**98**	**92T**	**1**	**14**	**6**	**4**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

LEONARD WILLIAMS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Giants	2	2	6	2	4	0	0	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**2**	**6**	**2**	**4**	**0**	**0**	**0.0**	**0.0**	**2**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

LEONARD WILLIAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Indianapolis Colts, Dec 05, 2016
Solo Tackles	5 at Chicago Bears, Dec 26, 2024
	...8 more at 5.
Sacks	3.0 vs. Dallas Cowboys, Jan 03, 2021
Passes Defensed	2 vs. Minnesota Vikings, Oct 21, 2018
Forced Fumbles	1 vs. Houston Texans, Nov 13, 2022
	...5 more at 1.
Fumble Recoveries	1 vs. Baltimore Ravens, Oct 16, 2022
	...2 more at 1.
Tackles For Loss	3 at Chicago Bears, Dec 26, 2024
	...3 more at 3.
Interceptions	1 at New York Jets, Dec 01, 2024
	...1 more at 1.
Interception Return Yards	92 at New York Jets, Dec 01, 2024

21 | CORNERBACK
DEVON WITHERSPOON

Height: 6-0	**Weight:** 185
College:	Illinois
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	December 11, 2000
Hometown:	Pensacola, Fla.
Pronunciation:	DEV-in

PRO BOWL '23 PRO BOWL '24

TRANSACTIONS:

04/27/23: Drafted by Seattle (1st round, 5th overall)

NFL CAREER HIGHLIGHTS:

• Selected to the 2025 Pro Bowl Games, becoming the fifth Seahawks player to begin career with consecutive Pro Bowl nominations.

• Named to the NFC Pro Bowl in 2023 and ranked fifth in the NFL with 16 passes defensed. Named NFC Defensive Player of the Week 4 and NFL Defensive Rookie of the Month for October.

• Since sacks became an official statistic in 1982, became the 27th player with 2.0-plus sacks and a pick-six in a regular or postseason game at the N.Y. Giants (10/2/23), and just the third rookie to accomplish that feat. His 97-yard touchdown return off Daniel Jones was the second-longest interception return in franchise history. Also part of a defensive unit that set the franchise record with 11.0 sacks at the Giants.

HONORS: 2025: Named to the Top 50 Players in franchise history; 2024: NFC Pro Bowl; 2023: NFC Pro Bowl, PFWA All-Rookie Team, NFC Defensive Player of the Week 4, NFL Defensive Player of the Month for October.

COLLEGE: Started 32 of 42 games played during collegiate career and was a two-time All-Big Ten selection. Started 12 games during senior season in 2022, named first-team AP All-American, Big Ten Conference Defensive Back of the Year, first-team All-Big Ten Conference and was a Jim Thorpe Award finalist. Tied for eighth in the FBS with 17 passes defensed, helping Illini lead the FBS in scoring defense (12.8 ppg allowed). Committed to Illinois four days before camp in 2019.

PERSONAL: Pensacola Defensive Player of the Year as a senior after posting seven interceptions. Recorded four interceptions as a junior, which was his first year playing football. Lettered in basketball and track. Class 3A runner-up in the 4x100 relay. Originally committed to Hutchinson Community College in Kansas. Nickname is "Spoon." Did not play football until his junior year of high school because he was focused on basketball, and his dream was to play in the NBA. Only tried out for football because his mother wanted him to. One of his favorite football players growing up was 2023 Pro Football Hall of Famer Darrelle Revis. Majored in communications.

DEVON WITHERSPOON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	14	13	79	56	23	8	31	3.0	19.0	4	1	97	97t	1	16	1	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	17	17	98	66	32	6	17	1.0	0.0	1	0	0	0	0	9	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**31**	**30**	**177**	**122**	**55**	**14**	**48**	**4.0**	**19.0**	**5**	**1**	**97**	**97T**	**1**	**25**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEVON WITHERSPOON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Arizona Cardinals, Jan 07, 2024	**Forced Fumbles**	1 vs. Los Angeles Rams, Nov 03, 2024
	...1 more at 11.		...1 more at 1.
Solo Tackles	8 vs. Carolina Panthers, Sep 24, 2023	**Tackles For Loss**	3 at Chicago Bears, Dec 26, 2024
Sacks	2.0 at New York Giants, Oct 02, 2023		...1 more at 3.
Passes Defensed	3 at San Francisco 49ers, Nov 17, 2024	**Interceptions**	1 at New York Giants, Oct 02, 2023
	...2 more at 3.	**Interception Return Yards**	97 at New York Giants, Oct 02, 2023

27 | CORNERBACK
RIQ WOOLEN

Height: 6-4	Weight: 210
College:	Texas-San Antonio
Seasons:	NFL : 4th, Seahawks 4th
Born:	May 2, 1999
Hometown:	Forth Worth, Texas
Pronunciation:	reek

PRO BOWL '22

TRANSACTIONS:

04/30/22: Drafted by Seattle (5th round, 153rd overall)

NFL CAREER HIGHLIGHTS:

• Tied for team lead with three interceptions and led team with 14 passes defensed (T10th NFL) in 2024.

• Collected his third interception of the season at Chicago (12/26/24). It was Caleb Williams first pick in his last 354 attempts, the fourth-longest streak in NFL history.

• Named to the NFC Pro Bowl Games roster in 2022. Became the first Seattle defensive rookie to be named to the Pro Bowl since LB Lofa Tatupu in 2005. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

• Tied for first in the NFL with six interceptions, the most interceptions by a rookie in franchise history.

• Became the first rookie since 2000 and first player since 2016 (Marcus Peters) with at least six interceptions and three fumble recoveries in a single season, and became the third rookie (Jairus Byrd, Joe Haden) since 2000, and the seventh player in franchise history with an interception in four consecutive games (vs. Atl, at Det, at NO, vs. Ari). Was also the first rookie since 1970 to record both an interception and opponent fumble recovery in consecutive games.

• Named NFL Defensive Rookie of the Month for October. Along with RB Kenneth Walker III (NFL Offensive Rookie of the Month for October), became the first teammates to win the award in the same month since it began in 1996.

• At Detroit (10/2/22), intercepted second-career pass and returned it 40 yards for his first-career touchdown.

• At San Francisco (9/18/22), blocked first-career field goal, leading to an 86-yard touchdown return by Michael Jackson. It was Seattle's first blocked field goal returned for a touchdown since vs. San Francisco (12/23/12). The score-return yardage is the fourth-longest in NFL history.

HONORS: 2022: PFWA All-Rookie Team, NFC Pro Bowl, NFL Defensive Rookie of the Month for October, NFC Defensive Player of the Week 6.

COLLEGE: Played 41 games with 22 starts, posting 62 tackles, two interceptions and nine passes defensed. Began career as a wide receiver. Played 20 games as a receiver before moving to defense in 2019 and recorded 24 receptions for 263 yards with one touchdown. Earned honorable mention All-Conference USA recognition in the secondary following his senior season. Clocked a 4.26 40-yard dash —the fourth-fastest time in NFL Combine history — and reached 42 inches in the vertical jump on March 6, 2022. Received invitations to play in the Reese's Senior Bowl, East-West Shrine Bowl and NFLPA Collegiate Bowl. Started all nine games in which he was available, posted 25 total tackles, 17 solo stops, 2.5 tackles for loss, five pass breakups, one interception and a quarterback hurry. Helped lead a defense that forced 25 turnovers (10th/FBS) and yielded only 114.7 rushing yards per game (14th/FBS). Landed at No. 6 out of 101 players on Bruce Feldman's Freaks List after posting testing numbers that included 11 feet, five inches in the broad jump and a time of 4.34 seconds in the 40-yard dash in which he hit 23.33 miles per hour.

PERSONAL: Attended Arlington Heights High and had a team-leading 31 receptions for 536 yards (17.3 avg.) and 10 touchdowns en route to first-team All-District 7-5A honors as a senior. Helped lead the team to an 11-1 record as a junior. Also an all-district performer in basketball who was tabbed Newcomer of the Year as a junior. Member of the track & field team. Earned his bachelor's degree in multidisciplinary studies in May 2021.

RIQ WOOLEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	17	17	63	46	17	1	2	0.0	0.0	0	6	47	40t	1	16	0	3	0	7	0	0	0	0	0	0	0
2023	Seahawks	16	15	53	42	11	1	5	0.0	0.0	0	2	0	0	0	11	0	2	0	1	0	0	0	0	0	0	0
2024	Seahawks	15	14	46	32	14	0	0	0.0	0.0	0	3	11	7	0	14	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**48**	**46**	**162**	**120**	**42**	**2**	**7**	**0.0**	**0.0**	**0**	**11**	**58**	**40T**	**1**	**41**	**1**	**5**	**0**	**8**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

RIQ WOOLEN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	1	1	3	3	0	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**3**	**3**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

RIQ WOOLEN'S SINGLE-GAME HIGHS: DEFENSIVE

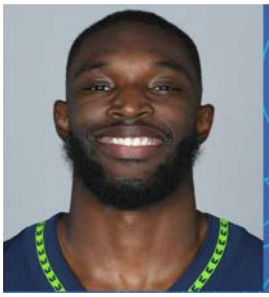
Total Tackles	8 at Arizona Cardinals, Dec 08, 2024 ...1 more at 8.	**Tackles For Loss**	1 vs. Cleveland Browns, Oct 29, 2023 ...1 more at 1.
Solo Tackles	8 at Dallas Cowboys, Nov 30, 2023	**Interceptions**	1 at Chicago Bears, Dec 26, 2024 ...10 more at 1.
Passes Defensed	3 vs. Minnesota Vikings, Dec 22, 2024 ...1 more at 3.	**Interception Return Yards**	40 at Detroit Lions, Oct 02, 2022
Forced Fumbles	1 at New York Jets, Dec 01, 2024	**Longest Opp Fumble Return**	7 at New Orleans Saints, Oct 09, 2022
Fumble Recoveries	1 at San Francisco 49ers, Dec 10, 2023 ...4 more at 1.	**Longest Own Fumble Return**	1 vs. New York Jets, Jan 01, 2023

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Played in 32 games during his Missouri State career (2022-24), earning second-team All-Missouri Valley Conference honors his final two seasons, and was named to the MVC All-Newcomer Team in 2022. In 2024, averaged 104.3 all-purpose yards per game, which ranked 42nd nationally and third in the MVC. Ranked second in MVC in scoring (8.0), fifth in rushing touchdowns (14), eighth in total rushing yards (824), eighth in rushing yards per game (68.7), and ninth in rushing yards per carry (4.53). His touchdown total ranked 14th nationally. Started all 12 games with a touchdown in 11 straight contests. Finished with 182 carries for 824 yards and 14 rushing touchdowns. Also logged 35 pass receptions for 403 yards and two touchdowns. Began career at Kansas State (2019-21).

PERSONAL: Prepped at St. Teresa High. Was rated the 119th-best athlete in the Class of 2019 by 247Sports, while ESPN viewed him as the 107th-best safety and 35th-best player in the state of Illinois. Rushed for 8,821 yards and 133 touchdowns during his high school career, both ranking as the second-best mark in Illinois high school history. Was a three-time Macon County Football Player of the Year and was an all-state first-team selection at defensive back in 2018, and second-team honoree as a running back in 2017. Majored in sociology.



83 | WIDE RECEIVER
DAREKE YOUNG

Height: 6-2	Weight: 225
College:	Lenior-Rhyne
Seasons:	NFL : 4th, Seahawks 4th
Born:	June 4, 1999
Hometown:	Raleigh, N.C.
Pronunciation:	duh-REEK

TRANSACTIONS:

04/30/22: Drafted by Seattle (7th round, 233rd overall)
09/04/23: Placed on IR (groin)
11/11/23: Activated from IR

NFL CAREER HIGHLIGHTS:

• Played in 14 games primarily on special teams and posted a career-high seven tackles.

• Saw first action of 2023 vs. Cleveland (10/29/23) on special teams and at wide receiver after being activated from injured reserve (11/11/23). Battled injury throughout season, playing only six games.

• Tied for fourth on the team with seven special teams tackles. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: After COVID-19 wiped out Lenoir-Rhyne's 2020 season, in an abbreviated 2021 spring season, Young had 14 catches for 218 yards and two touchdowns. A knee injury limited him to five games as a senior, but in those games he had 303 yards and four touchdowns on 25 catches, giving him 1,176 yards and 16 touchdowns on 73 career catches in 43 career games played. Young also finished his college career with 88 rush attempts for 658 yards and eight touchdowns Against Tusculum in the SAC Championship, Young went off for nine catches and 166 yards with one touchdown. The 166 yards represented the 10th most in a single game in the 101-year history of LR Football and the fourth-most in the NCAA Era (1993-current).

PERSONAL: Attended Middle Creek High. Recorded 29 catches, 502 yards and five touchdowns and only had three losses in his career. Earned Academic All-Conference honors.

DAREKE YOUNG'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	13	0	2	24	12.0	12	0	0	0	0.0	0	0
2023	Seahawks	6	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	14	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**33**	**0**	**2**	**24**	**12.0**	**12**	**0**	**0**	**0**	**0.0**	**0**	**0**

DAREKE YOUNG'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	1	0	1	11	11.0	11	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**1**	**11**	**11.0**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2023 (1); 2024 (7); Career: 8.

DAREKE YOUNG'S SINGLE-GAME HIGHS: RECEIVING

Receptions	2 vs. Los Angeles Rams, Jan 08, 2023	**All-Purpose Yards**	24 vs. Los Angeles Rams, Jan 08, 2023
Receiving Yards	24 vs. Los Angeles Rams, Jan 08, 2023	**Special Teams Tackles**	3 vs. New York Giants, Oct 30, 2022
Longest Receptions	12 vs. Los Angeles Rams, Jan 08, 2023		
	...1 more at 12.		

DAREKE YOUNG'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	29-42
10/06	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-29
10/10	49ers						INACTIVE						L	24-36
10/20	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-31
11/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers						ON INACTIVE LIST						W	20-17
11/24	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-6
12/01	at Jets						ON INACTIVE LIST						W	26-21
12/08	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**14-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

DAREKE YOUNG'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams						INJURED RESERVE						L	13-30
09/17	at Lions						INJURED RESERVE						W	37-31+
09/24	Panthers						INJURED RESERVE						W	37-27
10/02	at Giants						INJURED RESERVE						W	24-3
10/15	at Bengals						INJURED RESERVE						L	13-17
10/22	Cardinals						INJURED RESERVE						W	20-10
10/29	Browns						INJURED RESERVE						W	24-20
11/05	at Ravens						INJURED RESERVE						L	3-37
11/12	Commanders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-26
11/19	at Rams						ON INACTIVE LIST						L	16-17
11/23	49ers						INACTIVE						L	13-31
11/30	at Cowboys						INACTIVE						L	35-41
12/10	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**6-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime

DAREKE YOUNG'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-16
09/18	at 49ers						ON INACTIVE LIST						L	7-27
09/25	Falcons						ON INACTIVE LIST						L	23-27
10/02	at Lions						ON INACTIVE LIST						W	48-45
10/09	at Saints						ON INACTIVE LIST						L	32-39
10/16	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-9
10/23	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-23
10/30	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-13
11/06	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-21
11/13	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-21
11/27	Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-40+
12/04	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-23
12/11	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-30
12/15	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-21
12/24	at Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-24
01/01	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-6
01/08	Rams	P	2	24	12.0	12	0	0	0	0.0	0	0	W	19-16+
2022 TOTALS		**13-0**	**2**	**24**	**12.0**	**12**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime

TRANSACTIONS:

04/24/25: Drafted by Seattle (1st round, 18th overall)

COLLEGE: Two-time NCAA Division I FCS national champion with title wins over Montana State in 2021 and 2024, and part of two Missouri Valley Football Conference championships in 2021 and 2024. Played 62 career games, starting 41, and the final 36 consecutive games of his career. Saw time at left tackle, right tackle, left guard and right guard. Was a first-team FCS All-American at left tackle as a senior in 2024. In 2024, started all 16 games at left tackle as the Bison won their 10th NCAA Division I FCS national championship with a 14-2 overall record and won the Missouri Valley Football Conference with a 7-1 mark. Provided protection for senior quarterback Cam Miller, who set NDSU records for passing completions and yards, and was runner-up for the Walter Payton Award honoring the FCS offensive player of the year.

PERSONAL: Attended T.F. Riggs (S.D.) High, where he played football, basketball and baseball. Starter on three straight state championship teams that went a combined 31-5 overall. Named team captain his senior year, was a two-time all-state performer and also played defense, finishing his prep career with 84 tackles, 25 tackles for loss and 14 sacks. Majored in agribusiness and minored in economics and precision agriculture. Father, Mark, played football at Northern State (S.D.) and mother, Tanna, was on the track and basketball teams.

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Anderson, Roy	Secondary	2023	Howard
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Barrow, Micheal	Linebackers	2015-16	Miami
	Asst. Head Coach-Defense/LBs	2017	
Bates, Jeremy	Offensive Coordinator	2010	Rice
Beake, Chris	Quality Control-Offense	2008	Air Force Academy
	Offensive Assistant	2009	
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Benton, John	Offensive Line	2025-	Colorado State
Bevell, Darrell	Offensive Coordinator	2011-17	Wisconsin
Board, Dwaine	Defensive Line	2003-08	North Carolina A&T
	Assistant Defensive Line	2015-17	
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA
Bradley, Gus	Defensive Coordinator	2009-12	North Dakota State
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-02	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Brown, Kippy	Wide Receivers	2010-14	Memphis State
Brown, Mack	Tight Ends	2024-	Baker University
Bynes, Josh	Defensive Assistant/Linebackers	2024-	Auburn
Byrne, Michael	Offensive Assistant	2025-	Pacific Lutheran
Butkus, Luke	Quality Control-Offensive Line	2010-11	Illinois
Cable, Tom	Asst. Head Coach/Off. Line	2011-17	Idaho
Canales, Dave	Quality Control-Offense	2010-12	Azusa Pacific
	Asst. QBs/Quality Control-Off.	2013-14	
	Wide Receivers	2015-17	
	Quarterbacks	2018-19	
	Offensive Passing Game Coord.	2020-21	
	Quarterbacks	2022	
Caprice, Rob	Defensive Intern	2024-	Tennessee
Carlisle, Chris	Head Strength & Conditioning	2010-18	Chadron State
Carroll, Brennan	Asst. Offensive Line	2015-18	Pittsburgh
	Off. Scheme Specialist/Asst. OL	2019	
	Run Game Coordinator	2020	
Carroll, Nate	Defensive Assistant	2010-12	Southern California
	Offensive Assistant	2013	
	Assistant Wide Receivers	2014-17	
	Wide Receivers	2018-21	
	Senior Offensive Assistant	2022-23	
Carroll, Pete	Exec. VP & Head Coach	2010-23	Pacific
Carter, Keith	Quality Control-Offense	2012-13	UCLA
Cash, Chris	Asst. Secondary/Cornerbacks	2015	Southern California
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.)
Catlin, Tom	Asst. Head Coach/Def. Coord./LBs	1983-91	Oklahoma
	Asst. Head Coach/Defense	1992	
	Asst. Head Coach	1993	
	Quality Control	1994-95	
Christiansen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-02	Tennessee
Cromwell, Nolan	Wide Receivers	1999-07	Kansas
Curry, Aaron	Coaching Assistant	2019	Wake Forest
	Defensive Assistant/LBs	2020-21	
	Assistant Defensive Line/DEs	2022	
Curtis, Andre	Asst. Secondary/Safeties	2015	Virginia Military Inst.
	Defensive Backs	2016-17	
	Defensive Passing Game Coord.	2018-21	
Davis, Austin	Offensive Assistant	2019	Southern Mississippi
	Quarterbacks	2020-21	
DeBord, Mike	Assistant Offensive Line	2008	Manchester College
	Tight Ends	2009	
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)
Dennison, Rick	Run Game Coord./Sr. Off. Advisor	2025-	Colorado State
Desai, Sean	Associate Head Coach-Defense	2022	Temple
Dickerson, Andy	Run Game Coordinator	2021	Tufts University
	Offensive Line	2022-23	
Donatell, Tom	Quality Control-Defense	2017-20	Iowa
Dunn, Kasey	Running Backs	2008-09	Idaho
Durde, Aden	Defensive Coordinator	2024-	North Iowa Area CC
Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Farwell, Heath	Coaching Assistant	2016	San Diego State
	Assistant Special Teams	2017	
Fitzsimmons, Devin	Assistant Special Teams	2024-	Bucknell
Fisch, Jedd	Quarterbacks	2010	Florida
Flajole, Ken	Defensive Backs	1999, 01-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Franklin, Jethro	Assistant Defensive Line	2018-19	Fresno State
Frazier, Leslie	Assistant Head Coach	2024-	Alcorn State
Garcia, Thomas	Strength & Conditioning Asst.	2019-	Texas Tech
Gee, Mondray	Asst. Strength & Conditioning	2010-18	Michigan State
Gibbs, Alex	Offensive Line	2010	Davidson
Gilbertson, Keith	Defensive Assistant	1996	Central Washington
	Tight Ends	1997-98	
	Offensive Consultant	2005	
	Assistant Offensive Line	2006-07	
	Wide Receivers	2008	
Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Glenn, John	Coaching Assistant	2012-13	E. Stroudsburg Univ.
	Quality Control-Defense	2014-15	
	Defensive Assistant	2016	
	Assistant Linebackers	2017	
	Linebackers	2018-23	
Gray, Jerry	Defensive Backs	2010	Texas
Grubb, Ryan	Offensive Coordinator	2024	Buena Vista University
Harbaugh, Jay	Special Teams Coordinator	2024-	Oregon State
Harriger, Will	Offensive Assistant	2014	Auburn
	Asst. QBs/Quality Control-Off.	2015	
	Assistant Quarterbacks	2016-18	
Harris, Chick	Running Backs	1983-91	Northern Arizona

COACHES ALL-TIME ROSTER, continued

Name	Responsibility	Years	College
Haskell, Gil	Offensive Coordinator Asst. Head Coach/Off. Coord.	2000-06 2007-08	San Francisco State
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control-Defense	2006-09	Washington State
Hill, Zak	Offensive Assistant/Quality Control	2024	Central Washington
Hinds, Justin	Defensive Line	2024-	Rowan University
Holland, Johnny	Asst. Special Teams & Strength Linebackers	2000 2001-02	Texas A&M
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Exec. VP/GM & Head Coach Exec. VP & Head Coach	1999-02 2003-08	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Howard, Jeff	Safeties	2024-	Eastern New Mexico
Huff, Scott	Offensive Line	2024	Arizona State
Hurtt, Clint	Defensive Line Assistant Head Coach-Defense/DL Defensive Coordinator	2017 2018-21 2022-23	Miami
Idzik, Brad	Assistant Wide Receivers Asst. QBs/Quality Control-Offense Assistant Wide Receivers	2019-20 2021 2022	Wake Forest
Izzo, Larry	Assistant Special Teams Special Teams Coordinator	2018-20 2021-23	Rice
Jackson, Donovan	Offensive Assistant	2023	Norfolk State
Jackson, Frisman	Wide Receivers	2024-	Northern Illinois
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Assistant Defensive Assistant	1995-96 1997	New Mexico
Jamison, John	Special Teams Assistant	2005-08	California
Janocko, Andrew	Quarterbacks	2025-	Pittsburgh
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Head Strength & Conditioning	1999-03	Stephen F. Austin
Jones, Travis	Defensive Line Senior Defensive Assistant	2013-16 2017	Georgia
Jordan, BT	Pass Rush Specialist	2023	Northern Michigan
Joseph, Kerry	Offensive Assistant/RBs Assistant Wide Receivers Assistant Quarterbacks	2020 2021 2022-23	McNeese State
Keeton, Chuckie	Offensive Assistant	2024	Utah State
Kekuewa, Keli'i	Offensive Assistant Assistant Offensive Line	2020 2021-23	Bowling Green
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knapp, Greg	Offensive Coordinator	2009	Sacramento State
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Asst. Strength & Conditioning	1997-98 2001-09	Miami
Kubiak, Klint	Offensive Coordinator	2025-	Colorado State
Lal, Sanjay	Senior Offensive Assistant Off. Passing Game Coord./WRs	2020 2022-23	Washington
Lappano, Tim	Running Backs	1998	Idaho
Lauterbur, Frank	Defensive Line	1982	Mt. Union
Laveroni, Bill	Assistant Offensive Line Offensive Line	2001-03 2004-07	California
Lazor, Bill	Quarterbacks	2008-09	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Damione	Defensive Assistant/Def. Line Assistant Defensive Line/DTs	2020-21 2022-23	Miami
Lewis, Ivan	Head Strength & Conditioning	2019-24	Idaho
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers Tight Ends	1999 2000-08	Bemidji (Minn.) State
London, Charles	Quarterbacks	2024	Duke
Lopez, Clayton	Defensive Quality Control Defensive Asst./Secondary	1999-01 2002-03	Nevada
Lovat, Tom	Offensive Line	1999-03	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
Macdonald, Mike	Head Coach	2024-	Georgia
Manning, Jr., Ricky	Assistant Defensive Backs	2016-17	UCLA
Manuel, Marquand	Assistant Special Teams Defensive Assistant	2012 2013-14	Florida
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers Defensive Coordinator	2003-05 2006-08	Oregon
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	Tight Ends	2010-23	Santa Clara
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Assistant Offensive Line	1998	Stanford
Michaels, Mark	Assistant Special Teams Special Teams	2001-03 2004	Connecticut
Mitchell, Stump	Running Backs	1999-07	Citadel
Moore, Steve	Wide Receivers Offensive Coordinator/WRs	1983-85 1986-88	UC-Santa Barbara
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary Head Coach	2007-08 2009	Washington
Morgan, Chris	Assistant Offensive Line	2014	Colorado
Morton, Chad	Assistant Special Teams Asst. RBs/Asst. Special Teams Running Backs Run Game Coordinator/RBs	2014-15 2016 2017-21 2022-23	Southern California
Moyer, Paul	Special Assignments DBs/Assistant Special Teams	1990-91 1992-94	Arizona State
Mudd, Howard	Offensive Line	1978-82 1993-97	Hillsdale
Murphy, Mike	Linebackers	1995-97	Huron
Norton Jr., Ken	Linebackers Defensive Coordinator	2010-14 2018-21	UCLA
Nugent, Brendan	Assistant Offensive Line	2024	The Catholic University of America
Odom, Quinshon	Offensive Asst./Quality Control-OL	2024-	Shaw University
Ojeda, Tim	Strength & Conditioning Assistant	2025-	Eastern New Mexico
Olivadotti, Kirk	Inside Linebackers	2024-	Purdue
Olson, Greg	Quarterbacks	2023	Central Washington
Olson, Rich	Quarterbacks	1995-98	Washington State
Outten, Justin	Run Game Specialist/Asst. Off. Line	2025-	Syracuse

COACHES ALL-TIME ROSTER, continued

Name	Responsibility	Years	College
Partridge, Chris	Outside Linebackers	2024-	Lafayette College
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Peetz, Jake	Offensive Passing Game Coord.	2024-	Nebraska
Perry, Nick	Defensive Quality Control	2024	Alabama
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Assistant Linebackers	2008	Arizona State
	Assistant Defensive Line	2009	
	Defensive Assistant	2010	
Philipp, Mark	Strength & Conditioning Asst.	2019-	Southern Illinois
Picazo, Robbie	Offensive Assistant	2023	Stanford
Polamalu, Kennedy	Running Backs	2024-	Southern California
Pratt, Todd	Strength & Conditioning Asst.	2000-01	Texas A&M
Prince, Robert	Wide Receivers	2009	Humboldt State
Prince, Tyson	Assistant Wide Receivers	2024-	Michigan State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	Tight Ends/Asst. Special Teams	1987-91	
	Tight Ends/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009	Salisbury State
	Defensive Line	2010	
	Defensive Coordinator	2013-14	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Rhome, Jerry	QBs/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QBs/WRs/TEs	1978-79	
	Offensive Coord./QBs/WRs	1980-82	
Richard, Kris	Assistant Defensive Backs	2010	Southern California
	Defensive Backs	2011-14	
	Defensive Coordinator	2015-17	
Roach, Dick	Defensive Assistant	1999-00	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-03	
Rollins, Zerick	Defensive Assistant	2001	Texas A&M
	Defensive Line/Quality Control	2002-05	
	Linebackers	2006-09	
Ruel, Pat	Assistant Offensive Line	2010-19	Miami
Saleh, Robert	Quality Control-Defense	2011-13	Northern Michigan
Schneider, Brian	Special Teams Coordinator	2010-20	Colorado State
Schottenheimer, Brian	Offensive Coordinator	2018-20	Florida
Scott, Karl	Defensive Passing Game Coord./DBs	2022	McMurry University
	Def. Passing Game Coord./Sr. Asst.	2023	
	Defensive Passing Game Coord./DBs	2024-	
Seto, Rocky	Quality Control-Defense	2010	Southern California
	Asst. Defensive Backs/Safeties	2011	
	Defensive Passing Game Coord.	2012-14	
	Asst. Head Coach/Defense	2015-16	
Shead, DeShawn	Defensive Assistant/DBs	2021	Portland State
	Assistant Defensive Backs	2022	
	Assistant Defensive Backs/CBs	2023	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-00	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut St.
Shimko, Steve	Offensive Assistant	2018	Rutgers
	Assistant Quarterbacks	2019	
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	Quarterbacks	2011-17	Cal Poly-SLO
	Associate Head Coach	2018, 21-23	
Smith, Gregg	Assistant Head Coach/TEs	1995-96	Idaho
	Assistant Head Coach/OL	1997	
	Offensive Line	1998	
Smith, Sherman	Running Backs	2010-16	Miami (Ohio)
Smith, Tracy	Coaching Assistant	2011	Louisiana State
	Assistant Special Teams	2021-23	
Solari, Mike	Offensive Line	2008-09	San Diego State
	Offensive Line	2018-21	
Sorensen, Nick	Assistant Special Teams	2013-15	Virginia Tech
	Asst. DBs/Asst. Special Teams	2016	
	Secondary	2017-19	
	Secondary & Nickel Specialist	2020	
Springer, Rod	Asst. Strength & Conditioning	1999-02	Tarrleton State
Steen, Grant	Strength & Conditioning Asst.	2019-24	Iowa
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tatupu, Lofa	Assistant Linebackers	2015-16	Southern California
Thorpe, Neiko	Coaching Intern	2022	Auburn
	Defensive Assistant	2023	
	Defensive Assistant/Special Teams	2025-	
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Tukuafu, Will	Coaching Assistant	2021	Oregon
	Quality Control-Defense	2022	
	Defensive Assistant/Defensive Line	2023	
Ulbrich, Jeff	Assistant Special Teams	2010-11	Hawaii
Valero, Art	Offensive Line	2010	Boise State
van Dijk, Danny	Strength & Conditioning Asst.	2019-24	Australian Col. of PE
	Head Strength & Conditioning	2025-	
Vitt, Joe	Special Assignments	1982-91	Towson State
Waldron, Shane	Offensive Coordinator	2021-23	Tufts University
Wash, Todd	Defensive Line	2011-12	North Dakota State
Yanchar, Jamie	Strength & Conditioning Asst.	2010-	Louisville

PLAYERS ALL-TIME ROSTER

A

Player	Pos.	Years	GP	GS	College
Aboushi, Oday	G/T	2017	8	8	Virginia
Abram, Johnathan	S	2022	5	2	Mississippi State
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamal	S	2020-23	34	34	Louisiana State
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Myles	DE	2020-24	25	0	Rice
Adams, Phillip	CB	2011	1	0	South Carolina State
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, D.J.	LB	2017	12	0	Oregon State
Alexander, Maurice	S	2018	9	0	Utah State
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allen, RaShaun	TE	2014	1	0	Southern
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Amadi, Ugo	S	2019-21	47	11	Oregon
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Stacy	T	2010	13	12	Mississippi
Andrews, Tom	C/G	1987	2	2	Louisville
Ansah, Ziggy	DE	2019	11	1	Brigham Young
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Armstrong, Ray-Ray	LB	2020	2	0	Miami
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-08	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa
Austin, Bless	CB	2021	11	1	Rutgers
Avril, Cliff	DE	2013-17	67	55	Purdue

B

Player	Pos.	Years	GP	GS	College
Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-10	99	29	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Alvin	T	2013-15	42	8	Arkansas
Bailey, Dion	S	2014-15	2	1	Southern California
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Baker, Chris	TE	2010	16	13	Michigan State
Baker, Jerome	LB	2024	5	5	Ohio State
Baldwin, Doug	WR	2011-18	123	90	Stanford
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Balmer, Kentwan	DL	2010	16	11	North Carolina
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barbre, Allen	G	2010-11	7	0	Missouri-Southern
Barisich, Carl	DE	1976	14	7	Princeton
Barner, AJ	TE	2024-	17	6	Michigan
Barr, Robert	T	1996	*0	0	Rutgers
Barton, Cody	LB	2019-22	65	16	Utah
Bass, David	DE	2017	2	0	Missouri Western State
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Phil	WR	2012-14	1	0	Ohio University
Bates, Solomon	LB	2003-04	17	3	Arizona State
Battle, Isaiah	T	2017	*0	0	Clemson
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bellore, Nick	FB/LB	2019-23	79	1	Central Michigan
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bennett, Michael	DE	2009, 13-17	75	62	Texas A&M
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Bernard, Rocky	DT	2002-08	103	55	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico
Berry, Ray	LB	1993	8	2	Baylor
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bigby, Atari	S	2011	15	2	Central Florida
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Blair, Marquise	S	2019-21, 24	23	3	Utah
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blount, Joey	S	2022	11	0	Virginia
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Blythe, Austin	C	2022	17	17	Iowa
Bobo, Jake	WR	2023-	34	3	Duke
Bohanna, Quinton	DT	2024-	1	0	Kentucky
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Boone, Alex	G	2020	1	0	Ohio State
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowie, Michael	T	2013	9	8	Northeastern St. (Okla.)
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Bowser, Tyus	LB	2024	2	1	Houston
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Boykin, Lance	CB	2023	1	0	Coastal Carolina
Boykin, Trevone	QB	2016-17	5	0	Texas Christian
Brackett, Brett	TE	2014	1	0	Penn State
Bradford, Allen	LB	2012-14	2	0	Southern California
Bradford, Anthony	G	2023-	25	21	Louisiana State
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Alan	DT	2011-12	31	31	Michigan
Branch, Deion	WR	2006-10	51	40	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Britt, Justin	C/G/T	2014-19	87	86	Missouri
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-11	32	0	Temple

PLAYERS ALL-TIME ROSTER, continued

B

Player	Pos.	Years	GP	GS	College
Brooks, Jordyn	LB	2020-23	63	56	Texas Tech
Brooks, Michael	DT	2013	1	0	East Carolina
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Ben	G	2023	1	0	Mississippi
Brown, Bryce	RB	2015	3	0	Kansas State
Brown, Chad	LB	1997-04	107	107	Colorado
Brown, Dave	S/CB	1976-86	159	159	Michigan
Brown, Duane	T	2017-21	70	70	Virginia Tech
Brown, Evan	C	2023	16	16	Southern Methodist
Brown, Jaron	WR	2018-19	30	6	Clemson
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-07	80	0	Nebraska
Brown, Marcus	CB	2010	1	0	Arkansas State
Brown, Pharaoh	TE	2024	15	7	Oregon
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Brown, Tre	CB	2021-24	38	13	Oklahoma
Browner, Brandon	CB	2011-13	36	36	Oregon State
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Coby	S	2022-	43	19	Cincinnati
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bryant, Red	DE/DT	2008-13	64	55	Texas A&M
Bullard, Jonathan	DE	2020	6	0	Florida
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008	4	1	Washington State
Burleson, Nate	WR	2006-09	46	32	Nevada
Burley, Marcus	CB	2014-15	26	1	Delaware
Burnham, Tim	T	1987-88	3	3	Washington
Burns, Artie	CB	2022-24	21	1	Miami
Burr-Kirven, Ben	LB	2019-22	32	0	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Bush, Devin	LB	2023	13	2	Michigan
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Crezdon	CB	2015	1	0	Clemson
Butler, Deon	WR	2009-12	35	8	Penn State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California
Byrd, Dominique	TE	2011	1	0	Southern California

C

Player	Pos.	Years	GP	GS	College
Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Calitro, Austin	LB	2018	16	5	Villanova
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carlson, John	TE	2008-11	47	38	Notre Dame
Carpenter, James	T	2011-14	45	39	Alabama
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carson, Chris	RB	2017-21	49	48	Oklahoma State
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Celestin, Oliver	S	2006	13	0	Texas Southern
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Chancellor, Kam	S	2010-18	109	93	Virginia Tech
Charbonnet, Zach	RB	2023-	33	8	UCLA
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Chukwurah, Patrick	DE	2012	^1	0	Wyoming
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Frank	DE	2015-18, 23	68	33	Michigan
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clemons, Chris	DE	2010-13	62	59	Georgia
Clowney, Jadeveon	DE	2019	13	11	South Carolina
Clune, Don	WR	1976	9	1	Pennsylvania
Cochran, Antonio	DT	1999-04	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coe, Rodney	DT	2017	1	0	Akron
Coffield, Randy	LB	1976	13	0	Florida State
Coffman, Chase	TE	2015	37	3	Missouri
Cohen, Landon	DT	2014	^0	0	Ohio University
Colbert, Adrian	S	2019	*0	0	Miami
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	DT	2009-10	27	26	Iowa
Coleman, Andre	WR	1997	2	0	Kansas State-15
Coleman, Derrick	FB	2013-15	31	7	UCLA
Coleman, Justin	CB	2017-18, 22	44	10	Tennessee
Collier, L.J.	DE	2019-22	45	16	Texas Christian
Collins, Alex	RB	2016, 20-21	24	7	Arkansas
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	CB	2010-11	23	0	Pittsburgh
Cox, Perrish	CB	2013	2	0	Oklahoma State
Coyle, Brock	LB	2014-16	35	5	Montana
Crawford, Rufus	RB	1978	16	0	Virginia State
Crawford, Xavier	CB	2022	6	0	Central Michigan
Croel, Mike	DE	1998	11	0	Nebraska
Cronan, Peter	LB	1977-81	50	3	Boston College
Cross, Charles	T	2022-	48	48	Mississippi State
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curhan, Jake	T	2021-23	30	9	California
Curry, Aaron	LB	2009-11	35	30	Wake Forest
Curtis, McClendon	T	2023-24	5	0	Tennessee-Chattanooga
Curtis, Mike	LB	1976	14	14	Duke

D

Player	Pos.	Years	GP	GS	College
Dallas, DeeJay	RB	2020-23	61	2	Miami
Daniels, B.J.	QB/WR	2013-15	6	0	South Florida
Daniels, Darrell	TE	2018	9	2	Washington
Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darboh, Amara	WR	2017-18	16	0	Michigan
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darche, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Darden, Jaelon	WR	2024	5	0	North Texas
Davis, Akeem	S	2015	1	0	Memphis
Davis, Anthony	LB	1993	10	0	Utah
Davis, Austin	QB	2017	3	0	Southern Mississippi

PLAYERS ALL-TIME ROSTER, continued

D

Player	Pos.	Years	GP	GS	College
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Dexter	DE	2010-11	16	0	Arizona State
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	*0	0	Tennessee
Davis, Kellen	TE	2013	15	4	Michigan State
Davis, Mike	RB	2017-18	21	8	South Carolina
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dawson, Paul	LB	2017	3	0	Texas Christian
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State
Dee, Donnie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	*0	0	Montana
Dickson, Ed	TE	2018-19	10	1	Oregon
Dickson, Michael	P	2018-	116	0	Texas
Dietrich-Smith, Evan	G	2010	*0	0	Idaho State
Diggs, Quandre	S	2019-23	72	72	Texas
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dissly, Will	TE	2018-23	72	62	Washington
Dixon, Zachary	RB	1983-84	26	2	Temple
Dobbs, Demarcus	DE	2014-15	15	0	Georgia
Dodge, Dedrick	S	1991-92	25	0	Florida State
Dodson, Tyrel	LB	2024	9	9	Texas A&M
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dorsett II, Phillip	WR	2020-21	2	0	Miami
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Dunbar, Quinton	CB	2020	6	6	Florida
Dunlap II, Carlos	DE	2020-21	25	8	Florida
Dunn, Isaiah	CB	2022	5	0	Oregon State
Durham, Kris	WR	2011	3	0	Georgia
Dyson, Andre	CB	2005	10	5	Utah

E

Player	Pos.	Years	GP	GS	College
Easley, Kenny	S	1981-87	89	87	UCLA
Eason, Jacob	QB	2021	*0	0	Washington
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Braylon	WR	2012	10	1	Michigan
Edwards Jr., Mario	DE	2023	15	1	Florida State
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Ellerbee, Emmanuel	LB	2018-20	4	0	Rice
Elliott, DeAndre	CB	2016-17	13	0	Colorado State
Eloms, Joey	CB	1998-99	6	0	Indiana
Engles, Rick	P	1976-77	15	0	Tulsa
Engram, Bobby	WR	2001-08	109	67	Penn State
Eskridge, Dee	WR	2021-23	24	0	Western Michigan
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State
Everett, Gerald	TE	2021	15	12	South Alabama

F

Player	Pos.	Years	GP	GS	College
Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-11	3	0	Arizona State
Fangupo, Hebron	DT	2012	1	0	Brigham Young
Fanning, Mike	DE	1984	16	0	Notre Dame
Fant, George	T	2016-19, 24	48	22	Western Kentucky
Fant, Noah	TE	2022-24	48	42	Iowa
Faoliu, Austin	NT	2023	2	0	Oregon
Farmer, George	RB	2015-16	2	0	Southern California
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-14	43	0	San Diego State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Fergerson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Finley, AJ	S	2024-	4	0	Mississippi
Finney, B.J.	C	2020	6	0	Kansas State
Finzer, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-07	33	31	Air Force Academy
Fisher, Travis	CB	2009	4	0	Central Florida
Flones, Brian	LB	1981-82	13	0	Washington State
Flowers, Tre	CB	2018-21	47	40	Oklahoma State
Fluker, D.J.	G	2018-19	24	23	Alabama
Flynn, Matt	QB	2012	3	0	Louisiana State
Foley, Glenn	QB	1999	2	1	Boston College
Ford, Poona	DT	2018-22	76	64	Texas
Forrest, Josh	LB	2017	2	0	Kentucky
Forsett, Justin	RB	2008-11	62	7	California
Forsythe, Stone	T	2021-24	53	14	Florida
Fort, L.J.	LB	2014	1	0	Northern Iowa
Francis, A.J.	DT	2015	2	0	Maryland
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
Freeney, Dwight	DE	2017	4	0	Syracuse
French, Rufus	TE	1999-00	^0	0	Mississippi
Frese, Nolan	LS	2016	16	0	Houston
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Brandon	T	2009	4	3	Virginia Tech
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Aaron	WR	2020-21	1	0	Washington
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Kyle	C/G	2019-22	40	10	Baylor
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Player	Pos.	Years	GP	GS	College
Gaines, Greg	LB	1981-88	88	43	Tennessee
Gallery, Robert	G	2011	12	12	Iowa
Gallman, Wayne	RB	2022	*0	0	Clemson
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Ganther, Quinton	FB	2010	3	1	Utah
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State

PLAYERS ALL-TIME ROSTER, continued

G

Player	Pos.	Years	GP	GS	College
Garvin, Terence	LB	2017	15	3	West Virginia
Geathers, Clifton	DE	2010	*0	0	South Carolina
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	*0	0	Illinois
Giacomini, Breno	T	2010-13	40	33	Louisville
Gibson, Mike	G	2009-11	20	8	California
Gilbert, Gale	QB	1985-86	25	2	California
Gillaspia, Cullen	LB	2022	6	0	Texas A&M
Gilliam, Garry	T	2014-16	44	30	Penn State
Gipson, Trevis	LB	2024	5	0	Tulsa
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Glowinski, Mark	G	2015-17	35	19	West Virginia
Goddard, Na'Shan	T	2008	2	0	South Carolina
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Goodman, Malliciah	DE	2016	1	0	Clemson
Goodwin, Marquise	WR	2022	13	2	Texas
Gordon, Amon	DT	2010	1	0	Stanford
Gordon, Josh	WR	2019-20	5	1	Baylor
Gorrer, Danny	CB	2012	*0	0	Texas A&M
Gotel, Matt	NT	2023	*0	0	West Florida
Grace, Jermaine	LB	2018	1	0	Miami
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Graham, Jimmy	TE	2015-17	43	39	Miami
Grant, Deon	S	2007-09	48	48	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006-07	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Rasheem	DE	2018-21	53	23	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, T.J.	S	2018	*0	0	Clemson
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
Gresham, Clint	LS	2010-15	96	0	Texas Christian
Griffin, Shaquem	LB	2018-20	46	1	Central Florida
Griffin, Shaquill	CB	2017-20	57	53	Central Florida
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State
Guy, Winston	S	2012	2	0	Kentucky

H

Player	Pos.	Years	GP	GS	College
Habib, Brian	G	1998-99	32	32	Washington
Hackett, D.J.	WR	2004-07	33	14	Colorado
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hall, Derick	LB	2023-	34	14	Auburn
Hall, Jaren	QB	2024	*0	0	BYU
Hamdan, Gibran	QB	2006	*0	0	Indiana
Hamilton, Ben	G	2010	7	6	Minnesota
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hankins, Johnathan	DT	2024-	17	8	Ohio State
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Hargrove, Anthony	DL	2011	15	0	Georgia Tech
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, DuJuan	RB	2015	2	0	Troy
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harris, Shelby	DE	2022	15	15	Illinois State
Harrison, Damon	DT	2020	6	0	William Penn
Harrison, Martin	DE	1997	8	0	Washington
Hart, Penny	WR	2019-22	39	0	Georgia State
Hart, Roy	NT	1988-89	16	1	South Carolina
Harvin, Percy	WR	2013-14	6	4	Florida
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hauptmann, Caylin	T	2013	*0	0	Florida International
Hauschka, Steven	K	2011-16	96	0	North Carolina State
Hawthorne, David	LB	2008-11	61	41	Texas Christian
Hayes, Eric	DT	1990-91	21	3	Florida State
Haynes, Christian	G	2024-	16	0	Connecticut
Haynes, Phil	G	2019-23	31	13	Wake Forest
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Helfet, Cooper	TE	2012-15	24	4	Duke
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Henry, Chris	RB	2010	1	0	Arizona
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-10	54	8	Auburn
Heslop, Gavin	CB	2020-21	3	0	Stony Brook
Hester, Devin	WR	2016	^0	0	Miami
Hicks, Faion	CB	2024	2	0	Wisconsin
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, Lano	S	2017-20	42	6	Michigan
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Jordan	DT	2013-15	27	1	Penn State
Hill, Leroy	LB	2005-12	97	89	Clemson
Hill, Matt	T	2002-03	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T/G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hobbs, Kevin	CB	2007-08	20	0	Auburn
Holani, George	RB	2024-	5	0	Boise State
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Hollister, Jacob	TE	2019-20	27	7	Wyoming

PLAYERS ALL-TIME ROSTER, continued

H

Player	Pos.	Years	GP	GS	College
Homer, Travis	RB	2019-22	49	2	Miami
Houser, Kevin	LS	2009	14	0	Ohio State
Houshmandzadeh, T.J.	WR	2009	16	16	Oregon State
Howard, Jaye	DT	2012	2	0	Florida
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State
Howell, Sam	QB	2024	2	0	North Carolina
Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hundley, Brett	QB	2018	*0	0	UCLA
Hunt, Joey	C	2016-19, 22-23	34	11	Texas Christian
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^2	0	Virginia Union
Hunter, Wayne	T	2003-05	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Carlos	RB	2020	10	1	Ohio State
Hyde, Glenn	C	1986	3	0	Pittsburgh
Hyder Jr., Kerry	DE	2021	15	8	Texas Tech

I

Player	Pos.	Years	GP	GS	College
Ifedi, Germain	G/T	2016-19	60	60	Texas A&M
Igwebuike, Godwin	RB	2022	5	0	Northwestern
Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Bruce	DE	2012-15, 20, 22	71	48	West Virginia
Irvin, Darrell	DE	1983	16	0	Oklahoma
Iupati, Mike	G	2019-20	26	25	Idaho
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Player	Pos.	Years	GP	GS	College
Jackson, Branden	DE	2017-20	36	4	Texas Tech
Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Fred	RB	2015	16	0	Coe College
Jackson, Gabe	G	2021-22	31	31	Mississippi State
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-09	31	24	Southern California
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Michael	CB	2021-23	36	21	Miami
Jackson, Tarvaris	QB	2011, 13-15	23	14	Alabama State
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Edgerrin	RB	2009	7	0	Miami
James, Toran	LB	1998	*0	0	North Carolina A&T
Janikowski, Sebastian	K	2018	16	0	Florida State
Jeanpierre, Lemuel	C/G	2010-15	63	11	South Carolina
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jefferson, Quinton	DT/DE	2016-19, 22	56	27	Maryland
Jenkins, John	DT	2016	2	0	Georgia
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jenkins, Rayshawn	S	2024	13	9	Miami
Jennings, Gary	WR	2019	*0	0	West Virginia
Jennings, Kelly	CB	2006-10	77	42	Miami
Jerrell, Michael	T	2024-	10	3	Findlay
Jobe, Josh	CB	2024-	10	6	Alabama
Jodat, Jim	FB	1980-81	28	18	Carthage
Joeckel, Luke	G/T	2017	11	11	Texas A&M
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Alexander	LB	2022	1	0	Tennessee
Johnson, Cade	WR	2021-23	3	0	South Dakota State
Johnson, Darryl	LB	2022	4	1	North Carolina A&T
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Jeron	S	2011-14, 16	50	1	Boise State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, Josh	RB	2021	3	0	Louisiana-Monroe
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Rishaw	G	2012	*0	0	California Univ. (Pa.)
Johnson, Tom	DT	2018	1	1	Southern Mississippi
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Christian	LB	2022	3	0	Florida State
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Dre'Mont	LB	2023-24	34	23	Ohio State
Jones IV, Ernest	LB	2024-	10	10	South Carolina
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, Jamarco	G/T	2018-21	36	7	Ohio State
Jones, James	FB	1989-92	50	7	Florida
Jones, Jason	DE	2012	12	0	Eastern Michigan
Jones, Josh	S	2021-22	16	4	North Carolina State
Jones, Julius	RB	2008-10	31	24	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Nazair	DT	2017-19	20	2	North Carolina
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones IV, Sidney	CB	2021-22	19	11	Washington
Jones, Tony	RB	2022	4	0	Notre Dame
Jones, Walter	T	1997-09	180	180	Florida State
Jones, Vi	LB	2022	3	0	North Carolina State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Jordan, Dion	DE	2017-18	17	3	Oregon
Joseph, Kelvin	CB	2023	1	0	Kentucky
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Player	Pos.	Years	GP	GS	College
Kacyvenski, Isaiah	LB	2000-06	90	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Kearse, Jermaine	WR	2012-16	69	51	Washington
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Kyu Blu	CB	2023	5	0	Stanford
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kendricks, Mychal	LB	2018-19	18	17	California
Kennedy, Cortez	DT	1990-00	167	153	Miami
Kent, Jordan	WR	2008	9	1	Oregon
Kerney, Patrick	DE	2007-09	37	36	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, Akeem	CB	2017-19	29	4	San Jose State

PLAYERS ALL-TIME ROSTER, continued

K

Player	Pos.	Years	GP	GS	College
King, David	DE	2014-15	7	0	Oklahoma
King, Jarriel	T	2011	1	0	South Carolina
King, Lamar	DE	1999-03	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kirtman, David	FB	2006	6	0	Southern California
Kitna, Jon	QB	1997-00	39	33	Central Washington
Knight, Tyrice	LB	2024-	16	9	Texas-El Paso
Konz, Jameson	LB	2010-11	1	0	Kent State
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

Player	Pos.	Years	GP	GS	College
LaBounty, Matt	DE	1996-01	65	9	Oregon
Lacy, Eddie	RB	2017	9	3	Alabama
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Lane, Jeremy	CB	2012-17	70	21	Northwestern St. (La.)
Largent, Steve	WR	1976-89	200	197	Tulsa
Lattimore, Cedrick	DT	2020	^0	0	Iowa
Laughton, Jim	TE	1986	6	0	San Diego State
Laumea, Sataoa	G	2024-	6	6	Utah
Laury, Lance	LB	2006-09	56	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Levingston, Pep	DT	2011	4	0	LSU
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Damien	G	2020-23	61	61	Louisiana State
Lewis, Patrick	C	2014-15	17	13	Texas A&M
Lewis, Roy	CB	2009-11	33	1	Washington
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Lock, Drew	QB	2022-23	4	2	Missouri
Lockett, Tyler	WR	2015-24	161	134	Kansas State
Lockette, Ricardo	WR	2011, 13-15	34	1	Fort Valley State
Locklear, Sean	T	2004-10	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Longwell, Ryan	K	2012	^1	0	California
Losman, J.P.	QB	2010	*0	0	Tulane
Lotulelei, John	LB	2013	2	0	UNLV
Love, Julian	S	2023-	34	29	Notre Dame
Loville, Derek	RB	1990-91	27	1	Oregon
Luani, Shalom	S	2018	11	0	Washington State
Lucas, Abraham	T	2022-	29	29	Washington State
Lucas, Ken	CB	2001-04, 09	78	53	Mississippi
Lumpkin, Kregg	RB	2012	*0	0	Georgia
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Luton, Jake	QB	2021	*0	0	Oregon State
Lynch, Marshawn	RB	2010-15, 19	83	77	California
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

Player	Pos.	Years	GP	GS	College
Mabry, Tyler	TE	2020-24	12	0	Maryland
Mack, Isaiah	DT	2022	*0	0	Chattanooga
Mack, Kim	S	1987	1	0	Florida State
Madden, Tre	FB	2016-18	22	6	Southern California
Mafe, Boye	LB	2022-	48	30	Minnesota
Magee, Terrence	RB	2016	2	0	Louisiana State
Mangiero, Dino	NT	1984	15	0	Rutgers
Mannion, Sean	QB	2023	*0	0	Oregon State
Manuel, Marquand	S	2004-05	31	11	Florida
Maragos, Chris	S	2011-13	42	0	Wisconsin
March-Lillard, Justin	LB	2017	1	0	Akron
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinaro, Ed	FB	1977	2	0	Cornell
Marsh, Cassius	DE	2014-16	37	1	UCLA
Marshall, Brandon	WR	2018	7	2	Central Florida
Martin, Amos	LB	1977	2	0	Louisville
Martin, Charly	WR	2012	4	1	West Texas A&M
Martin, Jacob	LB	2018	16	0	Temple
Martin, Kelvin	WR	1993-94	32	29	Boston College
Martin, Ruvell	WR	2010	4	0	Saginaw Valley State
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Matthews, Chris	WR	2014-15	12	0	Kentucky
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Byron	CB	2011-14, 17	54	23	Clemson
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mayowa, Benson	DE	2013, 20-21	30	16	Idaho
McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCoy, Anthony	TE	2010-15	35	14	Southern California
McCoy, Matt	LB	2010-11	18	1	San Diego State
McCrary, Fred	FB	2007	6	0	Mississippi State
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCray, Kelcie	S	2015-16	32	7	Arkansas State
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McDaniel, Tony	DT	2013-14, 16	48	39	Tennessee
McDonald, Andrew	T	2014	2	0	Indiana
McDonald, Clinton	DT	2011-13	44	2	Memphis
McDonald, Dewey	LB	2016-17	17	0	California Univ. (Pa.)
McDougald, Bradley	S	2017-19	47	39	Kansas
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McEvoy, Tanner	WR	2016-17	29	0	Wisconsin
McGrath, Mark	WR	1981	6	0	Montana State
McGrath, Sean	TE	2012	2	0	Henderson St. (Ark.)
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-01	24	13	Wisconsin
McIntosh, Damion	T	2009	10	2	Kansas State
McIntosh, Kenny	RB	2023-	20	0	Georgia
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKissic, J.D.	RB	2016-18	19	1	Arkansas State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McMullen, Billy	WR	2008	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McQuistan, Paul	G/T	2011-13	48	40	Weber State
McShane, Charles	LB	1977-79	29	0	California Lutheran

PLAYERS ALL-TIME ROSTER, continued

M

Player	Pos.	Years	GP	GS	College
McVeigh, John	LB	1987	3	3	Miami
Mebane, Brandon	DT	2007-15	131	125	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metcalf, DK	WR	2019-24	97	93	Mississippi
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Michael, Christine	RB	2013-16	26	9	Texas A&M
Mili, Itula	TE	1998-06	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Brandon	DE	2008	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Miller, Zach	TE	2011-14	48	44	Arizona State
Milloy, Lawyer	S	2009-10	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Milton, KeaVon	G	2014	*0	0	Louisiana-Monroe
Mingo, Barkevious	LB	2018	16	14	Louisiana State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Moeaki, Tony	TE	2014	6	2	Iowa
Moffitt, John	G	2011-12	17	15	Wisconsin
Mone, Bryan	DT	2019-23	41	8	Michigan
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moody, Nick	LB	2015	3	0	Florida State
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Damontre	DE	2016, 20	14	0	Texas A&M
Moore, David	WR	2017-20	47	14	East Central (Okla.)
Moore, Evan	TE	2012	14	1	Stanford
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morgan, Mike	LB	2011-16	76	6	Southern California
Morrah, Cameron	TE	2009-12	26	6	California
Morris, Maurice	RB	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Mike	DE	2023-	16	0	Michigan
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moten, Adrian	LB	2011	2	0	Maryland
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy II, Byron	DT	2024-	14	9	Texas
Murphy, Kevin	LB	1993	14	10	Oklahoma
Muse, Tanner	LB	2021-22	23	1	Clemson
Myer, Steve	QB	1976-80	13	4	New Mexico
Myers, Jason	K	2019-	100	0	Marist
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Player	Pos.	Years	GP	GS	College
Nash, Joe	DT/NT	1982-96	218	169	Boston College
Neal, Ryan	S	2019-22	46	18	Southern Illinois
Nelson, Ralph	RB	1976	7	3	No College
Ness, Nate	CB	2010	1	1	Arizona
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Nickerson, Parry	CB	2019	*0	0	Tulane
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Nixon, Daviyon	DT	2022	*0	0	Iowa
Nkansah, Elijah	T	2018	1	0	Toledo
Nkemdiche, Robert	DT	2021	9	0	Mississippi
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame
Norwood, Kevin	WR	2014	9	1	Alabama
Nowak, Drew	C	2014-15	10	7	Western Michigan
Nwosu, Uchenna	LB	2022-	29	25	Southern California

O

Player	Pos.	Years	GP	GS	College
Obomanu, Ben	WR	2006-12	66	13	Auburn
O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
O'Connell, Patrick	LB	2023-	6	0	Montana
Odhiambo, Rees	G/T	2016-17	15	7	Boise State
Ogbuehi, Cedric	T	2020-21	9	5	Texas A&M
Okada, Ty	S	2023-	9	0	Montana State
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-15	72	72	Oklahoma State
Olds, Bill	FB	1976	1	1	Nebraska
Olsen, Greg	TE	2020	11	8	Miami
Oluwatimi, Olu	C	2023-	28	9	Michigan
Omiyale, Frank	T	2012	16	0	Tennessee Tech
O'Neal, Raiqwon	T	2023	3	0	UCLA
Onujiogu, Joshua	LB	2022-24	2	0	Framingham State
Orns, Fred	LB	1987	2	0	Chapman College
Ott, Tyler	LS	2016-22	81	0	Harvard
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, John	TE	2009	16	2	Notre Dame
Owens, Rich	DE	2002	3	0	Lehigh

P

Player	Pos.	Years	GP	GS	College
Packer, Walter	CB/KR	1977	10	0	Mississippi State
Palacio, Kache	LB	2016-17	1	0	Washington State
Palepoi, Anton	DE	2002-04	21	1	Nevada-Las Vegas
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parker, Ron	CB	2011-12	4	0	Newberry College
Parkinson, Colby	TE	2020-23	54	4	Stanford
Parks, Terrance	S	2014	1	0	Florida State
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Parry, Josh	FB	2006	8	0	San Jose State
Pawelek, Joe	LB	2010	1	0	Baylor
Payne, Logan	WR	2008	2	2	Minnesota
Pearman, Alvin	RB	2007	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Penny, Rashaad	RB	2018-22	42	11	San Diego State
Perryman, Dean	C	1987	1	0	Washington
Person, Mike	T	2012-13	1	0	Montana State
Peters, Jason	T	2023	8	2	Arkansas
Peterson, Adrian	RB	2021	1	1	Oklahoma
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pierre-Louis, Kevin	LB	2014-16	34	1	Boston College
Pili, Brandon	NT	2024-	*0	0	Southern California
Pinkard, Josh	CB	2010	^0	0	Southern California
Pinkins, Eric	LB	2014-15	6	0	San Diego State
Pitts, Chester	G	2010	7	5	San Diego State
Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Plumlee, John Rhys	WR	2024-	*0	0	Central Florida
Pocic, Ethan	C/G	2017-21	57	40	Louisiana State
Pollard, Marcus	TE	2007	14	10	Bradley

PLAYERS ALL-TIME ROSTER, continued

P

Player	Pos.	Years	GP	GS	College
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Polumbus, Tyler	T	2010-11	19	7	Colorado
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Pope, Troymaine	RB	2016	3	0	Jacksonville State
Porter, Rufus	LB	1988-94	98	67	Southern
Portis, Josh	QB	2011-12	*0	0	California Univ. (Pa.)
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Powell, Ronald	LB	2016	*0	0	Florida
Powell, Tyvis	S	2016	8	0	Ohio State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Pritchett, Nehemiah	CB	2024-	10	1	Auburn
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Prosise, C.J.	RB	2016-19	25	2	Notre Dame
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Player	Pos.	Years	GP	GS	College
Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randall, Damarious	CB/S	2020	10	0	Arizona State
Randle, John	DT	2001-03	43	35	Texas A&I
Rankin, Louis	RB	2009	9	0	Washington
Rawls, Thomas	RB	2015-17	34	17	Central Michigan
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Redding, Cory	DE	2009	15	3	Texas
Reece, Geoff	C	1977	5	0	Washington State
Reece, Marcel	FB	2016	4	0	Washington
Reed, D.J.	CB	2020-21	24	22	Kansas State
Reed, Jarran	DT	2016-20, 23-	105	87	Alabama
Reed II, Jerrick	S	2023-	15	0	New Mexico
Reed, Kalan	CB	2018-19	*0	0	Southern Mississippi
Reed, Nick	DE	2009	16	0	Oregon
Reid, John	CB	2021-22	10	2	Penn State
Rennaker, Terry	LB	1980	15	0	Stanford
Reynolds, Keenan	WR	2018	2	0	Navy
Rhattigan, Jon	LB	2021-23	36	0	Army
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Rice, Sidney	WR	2011-13	33	31	South Carolina
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Jay	DE	2010	7	0	Ohio State
Richardson, Kyle	P	1997	2	0	Arkansas State
Richardson, Paul	WR	2014-17	47	19	Colorado
Richardson, Sheldon	DT	2017	15	15	Missouri
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robertson, Travian	DT	2014	1	0	South Carolina
Robertson-Harris, Roy	DT	2024	11	0	Texas-El Paso
Robinson, Alton	DE	2020-22	30	3	Syracuse
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Edmond	LB	2021	3	0	Newberry College
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007-09	21	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	North Carolina State
Robinson, Michael	RB	2010-13	50	18	Penn State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Robinson, Will	T	2010	*0	0	San Diego State
Robinson, Zac	QB	2010	*0	0	Oklahoma State
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Roos, Jordan	G	2017-19	14	0	Purdue
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Gerard	CB	2006	^0	0	Florida State
Ross, Josh	LB	2024-	10	0	Michigan
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-05	32	0	Colorado
Rubin, Ahtyba	DT	2015-16	32	32	Iowa State
Rush, Anthony	DT	2020	4	0	Alabama-Birmingham
Rusk, Reggie	CB	1997-98	2	0	Kentucky
Russell, Brady	TE	2023-	26	0	Colorado
Russell, Brian	S	2007-08	32	32	San Diego State
Ryan, Jon	P	2008-17	159	0	Regina
Rypien, Brett	QB	2023	*0	0	Boise State

S

Player	Pos.	Years	GP	GS	College
Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Scarbrough, Bo	RB	2018, 20	1	0	Alabama
Schilling, Stephen	C	2014	8	3	Michigan
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schofield, O'Brien	LB	2013-14	31	2	Wisconsin
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-07	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Scruggs, Greg	DE	2012-14	11	0	Louisville
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	1	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Shead, DeShawn	CB	2012-17	54	22	Portland State
Shell, Brandon	T	2020-21	21	21	South Carolina
Shenault Jr., Laviska	WR	2024	11	0	Colorado
Shepley, Dakoda	C	2021	8	0	British Columbia
Sherman, Richard	CB	2011-17	105	99	Stanford
Sheriff, Jamie	LB	2024-	1	0	South Alabama
Siavii, Junior	DT	2010	14	6	Oregon
Siliga, Sealver	DT	2016	4	0	Utah
Simmons, Anthony	LB	1998-04	86	79	Clemson
Simmons, Jordan	G	2018-20	20	9	Southern California
Simon, Tharold	CB	2013-16	11	5	Louisiana State
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-09	45	34	Ohio State
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, D'Anthony	DT	2013-14	2	0	Louisiana Tech

PLAYERS ALL-TIME ROSTER, continued

S

Player	Pos.	Years	GP	GS	College
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Garrison	DT	2016-17	11	0	Georgia
Smith, Geno	QB	2019-24	54	52	West Virginia
Smith, Kevin	WR	2015	7	1	Washington
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Malcolm	LB	2011-14	57	16	Southern California
Smith, Marcus	DE	2017	14	0	Louisville
Smith, Rod	RB	2015	1	0	Ohio State
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Smith, Tye	CB	2015	3	0	Towson
Smith, Tyreke	LB	2022-	1	0	Ohio State
Smith-Njigba, Jaxon	WR	2023-	34	18	Ohio State
Snell, Donald	WR	1987	1	0	Virginia Tech
Sokoli, Kristjan	C	2015	2	0	Buffalo
Sowell, Bradley	T	2016	10	9	Mississippi
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-10	82	70	Mississippi
Spiller, C.J.	RB	2016	2	0	Clemson
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Spitz, Jason	C	2013	*0	0	Louisville
Springs, Shawn	CB	1997-03	93	88	Ohio State
Stanley, Jayson	CB	2020	8	0	Georgia
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephen, Shamar	DT	2018	15	14	Connecticut
Stephens, Linden	CB	2019-20	13	0	Cincinnati
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stokley, Brandon	WR	2010	11	0	Louisiana-Lafayette
Stoll, Chris	LS	2023-	34	0	Penn State
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-07	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sullivan, Stephen	TE/DE	2020	1	0	Louisiana State
Sundell, Jalen	C	2024-	12	0	North Dakota State
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Swain, Freddie	WR	2020-21	33	9	Florida
Sweeney, Jim	C	1995	16	16	Pittsburgh
Sweezy, J.R.	G	2012-15, 18	74	64	North Carolina State
Swoopes, Tyrone	TE	2017-19	7	3	Texas

T

Player	Pos.	Years	GP	GS	College
Tabor, Teez	S	2022-23	11	1	Florida
Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-13	58	33	Notre Dame
Tatupu, Lofa	LB	2005-10	84	84	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Courtney	WR	2007-08	18	4	Auburn
Taylor, Darrell	LB	2020-23	49	13	Tennessee
Taylor, Jamar	CB	2019	9	0	Boise State
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Teel, Mike	QB	2009	*0	0	Rutgers
Terrell, Steven	S	2014-16	32	5	Texas A&M
Terrill, Craig	DT	2004-10	88	5	Purdue
Terry, Chris	T	2002-04	25	23	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Drake	LB	2023-	24	0	North Carolina State
Thomas, Earl	S	2010-18	125	125	Texas
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Josh	CB	2014	3	0	Buffalo
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thompson, Cody	WR	2019-23	12	0	Toledo
Thompson, SaRodorick	RB	2023	1	0	Texas Tech
Thompson, Tedric	S	2017-19	29	16	Colorado
Thorpe, Neiko	CB	2016-20	51	0	Auburn
Thurmond, Walter	CB	2010-13	33	8	Oregon
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tinker, Carson	LS	2022	17	0	Alabama
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-06	92	88	Washington State
Tobin, Matt	T	2017	15	0	Iowa
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tomlinson, Laken	G	2024	17	17	Duke
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treadwell, Laquon	WR	2022	6	0	Mississippi
Treggs, Brian	WR	1992	2	0	California
Tripp, Jordan	LB	2016	7	1	Montana
Trufant, Marcus	CB	2003-12	136	125	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE	1979-83	73	64	UCLA
Tukuafu, Will	FB	2014-16	30	4	Oregon
Tupou, Tani	FB	2016	1	0	Washington
Turbin, Robert	RB	2012-14, 19	48	3	Utah State
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Turner, Malik	WR	2018-19	21	3	Illinois
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State
Tyson, Mike	CB	2017	*0	0	Cincinnati

U

Player	Pos.	Years	GP	GS	College
Unger, Max	C/G	2009-14	67	67	Oregon
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity
Ursua, John	WR	2019-21	3	0	Hawaii

V

Player	Pos.	Years	GP	GS	College
Vallos, Steve	C	2008-09	32	8	Wake Forest
Vannett, Nick	TE	2016-19	42	16	Ohio State
Vaughn, Jon	RB	1993-94	26	2	Michigan
Vobora, David	LB	2011	6	0	Idaho

W

Player	Pos.	Years	GP	GS	College
Wagner, Bobby	LB	2012-21, 23	168	167	Utah State
Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008	10	10	Navy
Waits, Alex	P	1991	3	0	Texas

PLAYERS ALL-TIME ROSTER, continued

W

Player	Pos.	Years	GP	GS	College
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, D'Andre	LB	2020	1	0	Georgia
Walker, Derek	DE	2009	*0	0	Illinois
Walker III, Kenneth	RB	2022-	41	37	Michigan State
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-09	26	0	Washington
Wallace, K'Von	S	2024	9	0	Clemson
Wallace, Seneca	QB	2003-09	47	14	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Blair	K	2017	16	0	Georgia
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Walters, Bryan	WR	2012-14	17	1	Cornell
Ware, Spencer	FB	2013	2	0	Louisiana State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Warrior, Nigel	CB	2021	4	0	Tennessee
Washington, Leon	RB	2010-12	48	1	Florida State
Watson, Dekoda	LB	2019	1	0	Florida State
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tennessee
Weaver, Leonard	FB	2005-08	46	11	Carson-Newman
Webb, J'Marcus	T	2016	9	3	West Texas A&M
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
Wheeler, Chad	T	2019-20	5	0	Southern California
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010	6	0	Southern Mississippi
White, Cody	WR	2024-	4	0	Michigan State
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	9	4	Clemson
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Wilhoite, Michael	LB	2017	14	9	Washburn
Williams, Brandon	TE	2016	16	1	Oregon
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Cary	CB	2015	10	10	Washburn
Williams, Connor	C	2024	9	9	Texas
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Dee	CB	2024	12	0	Tennessee
Williams, Eddie	FB	2011	2	0	Idaho
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kasen	WR	2015-16	3	0	Washington
Williams, Kevin	DT	2014	16	8	Oklahoma State
Williams, Kyle	T	2008-09	6	3	Southern California
Williams, Leonard	DE	2023-	26	26	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Mike	WR	2010-11	26	23	Southern California
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Stephen	WR	2013	4	0	Toledo
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-10	44	26	Florida State
Willson, Luke	TE	2013-17, 19-20	85	44	Rice
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, E.J.	DE	2010	2	0	North Carolina
Wilson, Josh	CB	2007-09	40	23	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wilson, Russell	QB	2012-21	158	158	Wisconsin
Wimmer, Gary	LB	1983	3	0	Stanford
Winston Jr., Easop	WR	2023	1	0	Washington State
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Witherspoon, Devon	CB	2023-	31	30	Illinois
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Al	DT	2011, 19, 21-22	46	35	Louisiana State
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolen, Riq	CB	2022-	48	46	Texas-San Antonio
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wright, K.J.	LB	2011-20	144	140	Mississippi State
Wrotto, Mansfield	G	2007-10	15	5	Georgia Tech
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford
Wyms, Ellis	DE	2007	13	0	Mississippi State

Y

Player	Pos.	Years	GP	GS	College
Yarno, John	C	1977-82	74	62	Idaho
Young, Cameron	NT	2023-24	17	1	Mississippi State
Young, Charle	TE	1983-85	45	43	Southern California
Young, Dareke	WR	2022-	33	0	Lenior-Rhyne
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Player	Pos.	Years	GP	GS	College
Zentner, Ty	P	2024	*0	0	Kansas State
Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona

* on active roster, but did not play in a game
^ on postseason active roster only

PLAYERS ALL-TIME NUMERICAL ROSTER

0

Name	Pos.	Years
Devin Bush	LB	2023
Tyrel Dodson	LB	2024

1

Efren Herrera	K	1978-81
Scott Hagler	K	1987
Warren Moon	QB	1997-98
Ryan Plackemeier	P	2006-08
Dee Eskridge	WR	2021-23
Laviska Shenault Jr.	WR	2024
Jaelon Darden	WR	2024

2

Wilson Alvarez	K	1981
Vince Gamache	P	1986
Todd Peterson	K	1995-99
Leo Araguz	P	2005
Trevone Boykin	QB	2016-17
D.J. Reed	CB	2021
Drew Lock	QB	2022-23
Rayshawn Jenkins	S	2024

3

John Leypoldt	K	1976-78
Vince Wagner	K	1981
Rick Donnelly	P	1990-91
Rick Mirer	QB	1993-96
Rohn Stark	P	1997
Jeff George	QB	2002
Josh Brown	K	2003-07
Russell Wilson	QB	2012-21

4

Don Bitterlich	K	1976
John Kasay	K	1991-94
Kris Heppner	K	2000
Trent Dilfer	QB	2001-04
Steven Hauschka	K	2011-16
Michael Dickson	**P**	**2018-**

5

Rick Engles	P	1976-77
Jimmy Colquitt	P	1985
Ruben Rodriguez	P	1987-89
Alex Waits	P	1991
Kyle Richardson	P	1997
Travis Brown	QB	2000
Gibran Hamdan	QB	2006
Charlie Frye	QB	2007-08
B.J. Daniels	QB/WR	2013-14
Jason Myers	**K**	**2019-**

6

Frank Garcia	P	1981
Russell Griffith	P	1987
Charlie Whitehurst	QB	2010-11
Austin Davis	QB	2017
Quandre Diggs	S	2021-23
Sam Howell	QB	2024

7

Gale Gilbert	QB	1985-86
Barry Bowman	P	1987
Jeff Graham	QB	1993-94
Jon Kitna	QB	1997-00
Brandon Coutu	K	2008
Zac Robinson	QB	2010
J.P. Losman	QB	2010
Tarvaris Jackson	QB	2011, 13-15
Ryan Longwell	K	2012
Blair Walsh	K	2017
Brett Hundley	QB	2018
Geno Smith	QB	2019-24

8

Jeff West	P	1981-85
Sean Salisbury	QB	1986
Stan Gelbaugh	QB	1996
Matt Lytle	QB	2000
Matt Hasselbeck	QB	2001-10
Carlos Dunlap II	DE	2021
Coby Bryant	**CB/S**	**2022-**

9

Norm Johnson	K	1982-90
Rian Lindell	K	2000-02
Donnie Jones	P	2004
Jon Ryan	P	2008-17
Jake Luton	QB	2021
Kenneth Walker III	**RB**	**2022-**

10

Jim Zorn	QB	1976-84
Dan McGwire	QB	1991-94
Jeff Feagles	P	1998-02
Olindo Mare	K	2008-10
Deon Butler	WR	2012
Paul Richardson	WR	2014-17
Josh Gordon	WR	2019-20
Benson Mayowa	DE	2021
Uchenna Nwosu	LB	2022-24

11

Bruce Mathison	QB	1987
Kelly Stouffer	QB	1988-92
Ronnie Harris	WR	1994
Andre Coleman	WR	1997
Brock Huard	QB	1999-01
David Greene	QB	2005-06
Deon Butler	WR	2009-11
Jermaine Kearse	WR	2012
B.J. Daniels	QB/WR	2015
Percy Harvin	WR	2013-14
Sebastian Janikowski	K	2018
Gary Jennings	WR	2019
Phillip Dorsett II	WR	2020
Cody Thompson	WR	2021
Marquise Goodwin	WR	2022
Jaxon Smith-Njigba	**WR**	**2023-**

12

Sam Adkins	QB	1977-82
Jim Zorn	QB	1979

(worn as replacement jersey at San Diego, 10/14/79)

13

Gino Torretta	QB	1996-97
Glenn Foley	QB	1999
Ken Walter	P	2004
Keary Colbert	WR	2008
Josh Portis	QB	2011-12
Chris Matthews	WR	2013-14
Phillip Dorsett II	WR	2021
Aaron Fuller	WR	2021
Josh Jones	S	2022
Cody Thompson	WR	2023
Marquise Blair	S	2024
Ernest Jones IV	**LB**	**2024-**

14

Rick Tuten	P	1991-97
Kerwin Cook	WR	2001
Jason Willis	WR	2004
Mike Teel	QB	2009
Charly Martin	WR	2012
DK Metcalf	WR	2019-24

15

Neil Graff	QB	1976
Dave Finzer	P	1985
Jeff Kemp	QB	1987-91
Dave Dickenson	QB	2002
Seneca Wallace	QB	2003-09
Brandon Stokley	WR	2010
Doug Baldwin	WR	2011
Matt Flynn	QB	2012
Jermaine Kearse	WR	2013-16
Brandon Marshall	WR	2018
John Ursua	WR	2019-21
Brett Rypien	QB	2023
Sean Mannion	QB	2023
Jaren Hall	QB	2024

16

Steve Myer	QB	1976-80
Charles Glaze	CB	1987
Robert Wilson	WR	1999
Tom Rouen	P	2003-05
Michael Bumpus	WR	2008
Kris Durham	WR	2011
Tyler Lockett	WR	2015-24

17

Dave Krieg	QB	1980-91
John Friesz	QB	1995-98
Jeff Kelly	QB	2002
Billy McMullen	WR	2008
Mike Williams	WR	2010-11
Braylon Edwards	WR	2012
Kevin Smith	WR	2015
Devin Hester	WR	2016
Malik Turner	WR	2018-19
Jacob Eason	QB	2021
Jerome Baker	LB	2024
John Rhys Plumlee	**WR**	**2024-**

18

Herman Weaver	P	1977-80
David Lindley	QB	1987
Stan Gelbaugh	QB	1992-95
Darryl Hobbs	WR	1997
D.J. Hackett	WR	2004-07
Koren Robinson	WR	2008
Mike Hass	WR	2009
Sidney Rice	WR	2011-13
Kasen Williams	WR	2015-16
Jaron Brown	WR	2018-19
Freddie Swain	WR	2020-21
Laquon Treadwell	WR	2022
Lance Boykin	CB	2023
Josh Ross	LB	2024

19

Bill Munson	QB	1976
James McKnight	WR	1994
Robert Wilson	WR	1997
Fabien Bownes	WR	1999-00
Logan Payne	WR	2008
Bryan Walters	WR	2012-14
Tanner McEvoy	WR	2016-17
Keenan Reynolds	WR	2018
Penny Hart	WR	2019-22
Jake Bobo	**WR**	**2023-**

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

20

Steve Preece	S	1977
Mike O'Brien	S	1979
Terry Taylor	CB	1984-88
Arnold Brown	CB	1987
Derek Loville	RB	1991
James Jefferson	CB	1992-93
Jay Bellamy	S	1994-00
Charlie Rogers	RB	2001
Maurice Morris	RB	2002-08
Justin Forsett	RB	2009-11
Kregg Lumpkin	RB	2012
Jeremy Lane	CB	2012-17
Rashaad Penny	RB	2018-22
Julian Love	**S**	**2023-**

21

Vic Minor	S	1980-81
Paul Moyer	S	1983-89
Chris White	S	1987
Brian Treggs	WR	1992
Raphael Robinson	S	1994-95
T.J. Cunningham	S	1996
Reggie Rusk	CB	1997-98
Randy Fuller	CB	1999
Cordell Taylor	CB	1999
Ken Lucas	CB	2001-04
Andre Dyson	CB	2005
Kelly Jennings	CB	2006-10
Tye Smith	CB	2015
DeAndre Elliott	CB	2016-17
J.D. McKissic	RB	2017-18
Tre Flowers	CB	2019-21
Adrian Peterson	RB	2021
Artie Burns	CB	2022
Devon Witherspoon	**CB**	**2023-**

22

Dave Brown	S/CB	1976-86
Anthony Blue	CB	1987
Nesby Glasgow	S	1988-92
Jon Vaughn	RB	1993-94
Beno Bryant	RB	1994
Fred Thomas	CB	1996-99
Paul Miranda	CB	2000-01
Damien Robinson	S	2003-04
Jimmy Williams	CB	2005-06
Julius Jones	RB	2008-10
Josh Pinkard	CB	2010
Robert Turbin	RB	2012-14
Fred Jackson	RB	2015
C.J. Prosise	RB	2016-19
Quinton Dunbar	CB	2020
Tre Brown	CB	2021-24

23

Doug Long	WR	1977-78
Patrick Hunter	CB	1986-89
Thom Kaumeyer	S	1989-90
Harlan Davis	CB	1991
Robb Thomas	WR	1992
Forey Duckett	S	1994
Dexter Seigler	CB	1996-97
Robert Williams	CB	1999
Ike Charlton	CB	2000-01
Marcus Trufant	CB	2003-12
Jeron Johnson	S	2014
Steven Terrell	S	2015-16
Neiko Thorpe	CB	2017-20
Sidney Jones IV	CB	2021-22
Johnathan Abram	S	2022
Artie Burns	CB	2023-24

24

Al Hunter	RB/FB	1977-80
Terry Jackson	CB	1984-85
Alvin Moore	RB	1987
Melvin Jenkins	CB	1987-90
Terry Taylor	CB	1994
Selwyn Jones	CB	1995-96
Shawn Springs	CB	1997-03
Bobby Taylor	CB	2004
Deon Grant	S	2007-09
Marshawn Lynch	RB	2010-15, 19
Shalom Luani	S	2018
Jamar Taylor	CB	2019
Isaiah Dunn	CB	2022
K'Von Wallace	S	2024

25

Don Dufek	S	1976-82
Rick Sanford	S	1985
Dallis Smith	S	1987
Davis Hollis	CB/S	1987-89
Robert Blackmon	S	1990-96
Lamar Smith	RB	1997
Mark Collins	S	1998
Brian Walker	S	1999
Reggie Tongue	S	2000-03
Michael Harden	CB	2004-05
Rich Gardner	CB	2006
Brian Russell	S	2007-08
Jamar Adams	S	2009
Richard Sherman	CB	2011-17
Travis Homer	RB	2019-22
Kenny McIntosh	**RB**	**2023-**

26

Kerry Justin	CB	1978-83, 86-87
James Jefferson	CB	1989-91
Carlton Gray	CB	1993-96
Tim Hauck	S	1997
Chris Canty	CB	1999-00
Ken Hamlin	S	2003-06
Josh Wilson	CB	2007-09
Michael Robinson	FB	2010-13
Steven Terrell	S	2014
Cary Williams	CB	2015
Shaquill Griffin	CB	2017-20
Ryan Neal	S	2021-22
Zach Charbonnet	**RB**	**2023-**

27

Autry Beamon	S	1977-79
Greggory Johnson	CB	1981-83, 86
James Williams	FB	1987
Charles Romes	CB	1987
Johnnie Johnson	S	1989
Patrick Hunter	CB	1990-94
Tony Covington	S	1995
Willie Williams	CB	1997-03
Jordan Babineaux	S	2004-10
Atari Bigby	S	2011
Winston Guy	S	2012
Tharold Simon	CB	2013-16
Neiko Thorpe	CB	2016
Eddie Lacy	RB	2017
Mike Davis	RB	2018
Marquise Blair	S	2019-21
Riq Woolen	**CB**	**2022-**

28

Lyle Blackwood	S	1976
Curt Warner	RB	1983-89
Del Speer	S	1994
Dou Innocent	WR	1996
Kerry Joseph	S	1999-00
Harold Blackmon	CB	2001-02
Michael Boulware	S	2004-06
Travis Fisher	CB	2009
Walter Thurmond	CB	2010-13
Marcus Burley	CB	2014-15
C.J. Spiller	RB	2016
Justin Coleman	CB	2017-18, 22
Ugo Amadi	S	2019-21
Kyu Blu Kelly	CB	2023
Kelvin Joseph	CB	2023
Nehemiah Pritchett	**CB**	**2024-**

29

Al Mathews	S	1976
Harold Jackson	WR	1983
Rick Parros	FB/RB	1985, 87
Dwayne Harper	CB	1988-93
Tony Brown	CB	1994-95
C.J. Richardson	S	1997
Curtis Fuller	S	2001-02
Pete Hunter	CB	2006
Earl Thomas	S	2010-18
D.J. Reed	CB	2020
John Reid	CB	2021
Wayne Gallman	RB	2022
SaRodorick Thompson	RB	2023
Josh Jobe	**CB**	**2024-**

30

Oliver Ross	RB	1976
Lawrence McCutcheon	FB	1980
Theotis Brown	RB	1981-83
Bobby Joe Edmonds	RB/KR	1986-88
Boyce Green	RB	1987
Derek Loville	RB	1990
James Jones	FB	1989-92
Corey Harris	CB	1995-96
Ahman Green	RB	1998-99
Walter Bernard	CB	2002-03
Marquis Weeks	RB	2006
Justin Forsett	RB	2008
Nate Ness	CB	2010
Perrish Cox	CB	2013
Akeem Davis	S	2015
J.D. McKissic	RB	2016
Bradley McDougald	S	2017-19
Carlos Hyde	RB	2020
Michael Jackson	CB	2021-23
Faion Hicks	CB	2024
AJ Finley	**S**	**2024-**

31

Tony Benjamin	FB	1977-79
Zachary Dixon	RB	1983-84
Fred Davis	CB	1987
Vernon Dean	S	1988
Vann McElroy	S	1990
Malcolm Frank	CB	1992
Orlando Watters	CB	1994
Steve Broussard	RB	1995-98
Charlie Rogers	RB	1999-00
Marcus Robertson	S	2001-02
Kelly Herndon	CB	2005-06
Ken Lucas	CB	2009
Kam Chancellor	S	2010-18
DeeJay Dallas	RB	2020-23

32

Mike Curtis	LB	1976
Jeff Moore	RB	1979-81
Horace Ivory	RB	1981-82
Cullen Bryant	FB	1983-84
John L. Williams	FB	1986-93
Oscar Gray	FB	1996-97
Ricky Watters	RB	1998-01
Kerry Carter	RB	2003-04
Kevin Hobbs	CB	2007-08
Edgerrin James	RB	2009
Marcus Brown	CB	2010
Quinton Ganther	FB	2010
Jeron Johnson	S	2011-13, 16
Josh Thomas	CB	2014
Crezdon Butler	CB	2015
DuJuan Harris	RB	2015
Christine Michael	RB	2015-16
Chris Carson	RB	2017-21
Tony Jones	RB	2022
Jerrick Reed II	**S**	**2023-**

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

33

Andrew Bolton	RB	1976
Dan Doornink	FB/RB	1979-85
Tommie Agee	FB	1988
Elroy Harris	RB	1989
Derek Loville	RB	1990
Dedrick Dodge	S	1991-92
Darryl Williams	S	1996-99
Maurice Kelly	S	2000-01
Doug Evans	CB	2002-03
Marquand Manuel	S	2004-05
Josh Scobey	RB	2006-07
Justin Griffith	FB	2009
Leon Washington	RB	2010-12
Christine Michael	RB	2013-14
Kelcie McCray	S	2015-16
Tedric Thompson	S	2017-19
Jamal Adams	S	2020-23
Dee Williams	CB	2024

34

Rufus Crawford	RB	1978
Tony Green	KR	1979
Jim Walsh	FB	1980
Terry Miller	RB	1981
Franco Harris	FB	1984
Tony Burse	FB	1987
Mike Hagen	FB	1987
Kevin Harmon	RB	1988-89
Brian Davis	CB	1991-92
Dion Lambert	S	1994-95
Reggie Brown	FB	1996-00
Terreal Bierria	S	2002-04
David Kirtman	FB	2006
Roy Lewis	CB	2009-11
Thomas Rawls	RB	2015-17
Linden Stephens	CB	2019-20
Robert Turbin	RB	2019
Josh Johnson	RB	2021
Alexander Johnson	LB	2022
Ty Zentner	P	2024

35

David Sims	FB/RB	1977-79
Don Dufek	S	1983-84
Mark Moore	S	1987
Renard Young	CB	1987
Steve Smith	FB	1994-95
Jay Graham	RB	2001
Chris Davis	FB	2003-04
Etric Pruitt	S	2005
Gerard Ross	CB	2006
Owen Schmitt	FB	2008-09
Kennard Cox	CB	2011
DeShawn Shead	CB	2012-17
Maurice Alexander	S	2018
Ryan Neal	S	2019-20
Joey Blount	S	2022

36

Ken Geddes	LB	1976-78
Larry Brinson	RB	1980
Michael Morton	RB	1987
David Daniels	WR	1991
Rueben Mayes	RB	1992-93
Lamar Smith	RB	1994-96
Bennie Blades	S	1997
Terry McDaniel	CB	1998
Merton Hanks	S	1999
Kerry Joseph	S	2001
Alvin Pearman	RB	2007
Jamar Adams	S	2008
Lawyer Milloy	S	2009-10
Ron Parker	CB	2011-12
Danny Gorrer	CB	2012
Bryce Brown	RB	2015
Alex Collins	RB	2016
Akeem King	CB	2017-19
Damarious Randall	S	2020
Bless Austin	CB	2021
Teez Tabor	S	2023
George Holani	**RB**	**2024-**

37

Hugh McKinnis	FB	1976
Eric Lane	FB/RB	1981-87
Chad Stark	FB	1987
Raphael Robinson	S	1992-93
Eric Stokes	S	1997-98
Shaun Alexander	RB	2000-07
Jeremy Lane	CB	2012
Dion Bailey	S	2014-15
Tre Flowers	CB	2018
Quandre Diggs	S	2019-20
Xavier Crawford	CB	2022

38

Ed Bradley	LB	1976
Cornell Webster	CB	1977-80
Ray Wilmer	S	1984
Curtis Baham	CB	1987
Lou Brock	CB	1988
Mack Strong	FB	1994-07
Tre Madden	FB	2016-18
Adrian Colbert	S	2019
Gavin Heslop	CB	2020-21
Godwin Igwebuike	RB	2022
Brady Russell	**TE**	**2023-**

39

Bill Olds	FB	1976
Brian Allred	CB	1993-94
Jeremy Lincoln	CB	1997
Josh Scobey	RB	2005
C.J. Wallace	S	2007-09
Kennard Cox	CB	2010
Brandon Browner	CB	2011-13
George Farmer	RB	2016
Mike Davis	RB	2017
Kalan Reed	CB	2018-19
Jayson Stanley	CB	2020
Nigel Warrior	CB	2021
Teez Tabor	S	2022
Ty Okada	**S**	**2023-**

40

Walter Packer	CB/KR	1977
John Williams	FB	1985
Kim Mack	S	1987
Kerry Joseph	S	1998
John Howell	S	2005
Oliver Celestin	S	2006
Louis Rankin	RB	2009
Chris Henry	RB	2010
Phillip Adams	CB	2011
Eddie Williams	FB	2011
Derrick Coleman	FB	2013-15
Tyvis Powell	S	2016
Mike Tyson	CB	2017
T.J. Green	S	2018
Bo Scarbrough	RB	2018, 20
Darryl Johnson	LB	2022

41

Eddie McMillan	CB	1976-77
Will Lewis	CB	1980-81
Eugene Robinson	S	1985-95
Ricky Thomas	S	1987
Dustin Johnson	FB	1999
Byron Maxwell	CB	2011-14, 17
Dewey McDonald	LB	2016-17
Alex Collins	RB	2020-21
Cullen Gillaspia	LB	2022
Chris Stoll	**LS**	**2023-**

42

Don Testerman	FB	1976-78
Keith Simpson	CB/S	1979-85
Chris Warren	RB	1990-97
Kris Richard	CB	2002-04
Mike Green	S	2006-07
T.J. Duckett	RB	2008
Chris Maragos	S	2011-13
Terrance Parks	S	2014
Rod Smith	RB	2015
Lano Hill	S	2017-20
Josh Jones	S	2021
Drake Thomas	**LB**	**2023-**

43

Jim Jodat	FB	1980-81
Randall Morris	RB	1984-88
Tracy Johnson	FB	1992-95
Joey Eloms	CB	1998-99
Leonard Weaver	FB	2005-08
Terrence Magee	RB	2016
Troymaine Pope	RB	2016
Parry Nickerson	CB	2019
Carlos Dunlap II	LB	2020

44

Ralph Nelson	RB	1976
John Harris	S	1978-85
Derrick Fenner	RB	1989-91
Dave McCloughan	CB/S	1993-94
Brian Milne	FB	1999
Heath Evans	FB	2001-04
Fred McCrary	FB	2007
Spencer Ware	FB	2013
L.J. Fort	LB	2014
Marcel Reece	FB	2016
Tani Tupou	FB	2016
Nick Bellore	FB/LB	2019-23
Jamie Sheriff	LB	2024

45

Rolly Woolsey	CB	1976
Kenny Easley	S	1981-87
Coleman Bell	TE	1996
Kevin Houser	LS	2009

46

Ted Bachman	CB	1976
David Hughes	FB	1981-85
Harvey Allen	S	1987
Jameson Konz	LB	2010-11
Tyrone Swoopes	TE	2017-19
Will Tukuafu	FB	2014-16
Carson Tinker	LS	2022

47

Sherman Smith	RB	1976-82
Andre Hardy	FB	1985
Eddie Anderson	S	1986
Mike Jones	TE	1992
Tod McBride	CB	2004
Lance Laury	LB	2006
Ben Joppru	TE	2006-07
Eric Pinkins	LB	2015
David Bass	DE	2017
Paul Dawson	LB	2017

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

48

Keith Simpson	CB/S	1978
Ken McAlister	S	1982-83
Gary Wimmer	LB	1983
Carlester Crumpler	TE	1994
Rufus French	TE	1999-00
Derek Rackley	LS	2006-07
Mike Morgan	LB	2011
Nolan Frese	LS	2016
Jacob Hollister	TE	2019
Stephen Sullivan	TE/DE	2020
Edmond Robinson	LB	2021
Christian Jones	LB	2022
Tyrice Knight	**LB**	**2024-**

49

Ernie Jones	CB	1976
Ed Marinaro	FB	1977
Itula Mili	TE	1998-99
Curtis Randall	LB	2004
Josh Parry	FB	2006
Jeff Robinson	LS	2007-09
Clint Gresham	LS	2010-15
Kache Palacio	LB	2016-17
Shaquem Griffin	LB	2018-20
Joshua Onujiogu	LB	2022-24

50

Greg Collins	LB	1976
Amos Martin	LB	1977
Larry Polowski	LB	1979
Brian Flones	LB	1981-82
Fredd Young	LB	1984-87
Joe Terry	LB	1987
Vernon Maxwell	LB	1989
Dave Ahrens	LB	1990
Anthony Davis	LB	1993
Duane Bickett	LB	1994-95
DeShone Myles	LB	1998-00
Solomon Bates	LB	2003-04
Cornelius Wortham	LB	2005
Lance Laury	LB	2006-09
Ben Hamilton	G	2010
K.J. Wright	LB	2011-20
Vi Jones	LB	2022
Patrick O'Connell	LB	2023
Trevis Gipson	LB	2024

51

John Yarno	C	1977-82
Sam Merriman	LB	1983-87
Dean Perryman	C	1987
Ty Allert	LB	1990
Marcus Cotton	LB	1991
David Brandon	LB	1993-94
Anthony Simmons	LB	1998-04
Lofa Tatupu	LB	2005-10
Bruce Irvin	LB	2012-15, 20, 22
Justin March-Lillard	LB	2017
Barkevious Mingo	LB	2018
Dekoda Watson	LB	2019
Kerry Hyder Jr.	DE	2021
Olu Oluwatimi	C	2023-24

52

Randy Coffield	LB	1976
Joe Norman	LB	1979-81, 83
Will Grant	C	1986
Rico Tipton	LB	1987
M.L. Johnson	LB	1987-89
Ricky Andrews	LB	1990
Richard Newbill	LB	1992
Kevin Mawae	C/G	1994-97
Jason McEndoo	C	1998
Jean-Philippe Darche	LS	2000-06
Jason Babin	DE	2007-08
D.D. Lewis	LB	2009
Matt McCoy	LB	2010-11
Allen Bradford	LB	2012-13
Brock Coyle	LB	2014-16
Terence Garvin	LB	2017
Jermaine Grace	LB	2018
Emmanuel Ellerbee	LB	2018-20
Ray-Ray Armstrong	LB	2020
Darrell Taylor	LB	2021-23
Patrick O'Connell	**LB**	**2024-**

53

Fred Hoaglin	C	1976
Mike Jones	LB	1977
Keith Butler	LB	1978-87
John McVeigh	LB	1987
Darren Comeaux	LB	1988-91
E.J. Junior	LB	1992
Ray Donaldson	C	1993-94
Jim Sweeney	C	1995
Eric Unverzagt	LB	1996-97
Kevin Glover	C	1998-99
George Koonce	LB	2000
Keith Miller	LB	2002
Randall Godfrey	LB	2003
Niko Koutouvides	LB	2004-07
Malcolm Smith	LB	2011-14
Nick Moody	LB	2015
Joey Hunt	C	2016-19
Boye Mafe	**LB**	**2022-**

54

Art Kuehn	C/G	1976-81
Eugene Williams	LB	1982-83
John Kaiser	LB	1985-86
Joe Jackson	LB	1987
Grant Feasel	C	1987-93
Michael Barber	LB	1995-97
D.D. Lewis	LB	2002-06
Will Herring	LB	2007-10
David Vobora	LB	2011
Bobby Wagner	LB	2012-21, 23

55

Geoff Reece	C	1977
Michael Jackson	LB	1979-86
Paul Lavine	LB	1987
Brian Bosworth	LB	1987-89
Ned Bolcar	LB	1990
Bob Spitulski	LB	1992
Dino Hackett	LB	1993
Winston Moss	LB	1995-97
Hillary Butler	LB	1998
Marcus Bell	LB	2000-02
Jamie Sharper	LB	2005
Darryl Tapp	DE	2006-09
Joe Pawelek	LB	2010
Heath Farwell	LB	2011-14
Frank Clark	DE	2015-18
Ben Burr-Kirven	LB	2019-22
Dre'Mont Jones	LB	2023-24

56

Sammy Green	LB	1976-79
Tim Walker	LB	1980
Greg Gaines	LB	1981-88
Julio Cortes	LB	1987
Joe Tofflemire	C	1989-94
James Logan	LB	1995-00
Terry Killens	LB	2002
Chike Okeafor	DE	2003-04
Leroy Hill	LB	2005-12
Cliff Avril	DE	2013-17
Mychal Kendricks	LB	2018-19
Jordyn Brooks	LB	2020-23
Tyus Bowser	LB	2024

57

Peter Cronan	LB	1977-81
Shelton Robinson	LB	1982-85
Tony Caldwell	LB	1987
Tony Woods	DE/LB	1987-92
Ray Berry	LB	1993
Jason Kyle	LB	1995-98
Orlando Huff	LB	2001-04
Kevin Bentley	LB	2005-07
David Hawthorne	LB	2009-11
Mike Morgan	LB	2012-16
Michael Wilhoite	LB	2017
Cody Barton	LB	2019-22
Frank Clark	LB	2023
Connor Williams	C	2024

58

Don Hansen	LB	1976
Terry Beeson	LB	1977-81
Bruce Scholtz	LB	1982-88
Rob DeVita	LB	1987
Richard Newbill	LB	1990-91
Greg Clark	LB	1992
Bob Spitulski	LB	1993-94
Darryl Hardy	LB	1997
Toran James	LB	1998
Scott Fields	LB	1999
Isaiah Kacyvenski	LB	2000-06
Marquis Cooper	LB	2006
D.D. Lewis	LB	2008
Dexter Davis	DE	2010-11
John Lotulelei	LB	2013
Kevin Pierre-Louis	LB	2014-16
D.J. Alexander	LB	2017
Austin Calitro	LB	2018
Darrell Taylor	DE	2020
Tanner Muse	LB	2021-22
Derick Hall	**LB**	**2023-**

59

Charles McShane	LB	1977-79
Terry Rennaker	LB	1980
Rodell Thomas	LB	1981-82
Fred Orns	LB	1987
Blair Bush	C	1983-88
Joe Cain	LB	1989-92, 97
Tyronne Stowe	LB	1995
Darrin Smith	LB	1998-99
Tim Terry	LB	2000-02
Tracy White	LB	2003-04
Julian Peterson	LB	2006-07
David Hawthorne	LB	2008
Aaron Curry	LB	2009-11
Adrian Moten	LB	2011
Allen Bradford	LB	2014
Jordan Tripp	LB	2016
Ronald Powell	LB	2016
Josh Forrest	LB	2017
Jacob Martin	LB	2018
D'Andre Walker	LB	2020
Damon Harrison	DT	2020
Jon Rhattigan	LB	2021-23

60

Ron Coder	G	1976-77, 79
Kevin Turner	LB	1981
Art Kuehn	C/G	1982
Jerome Boyd	LB	1983
John Kaiser	LB	1984
Glenn Hyde	C	1986
Doug Hire	C	1987
Chris Godfrey	G	1988
Greg Bloedorn	G	1997-99
Joe Brown	DT	2001-02
Max Unger	C/G	2009-14
Phil Haynes	G	2019-23

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

61

Tom Lynch	G	1977-80
Robert Pratt	G	1982-85
Alonzo Mitz	DE	1986-89
Jack Sims	G	1987
Theo Adams	T	1992
Matt Werner	DE	1994
Mark Rodenhauser	LS	1999
Robbie Tobeck	C	2000-06
Lemuel Jeanpierre	C/G	2010-15
Rodney Coe	DT	2017
Kyle Fuller	C/G	2019-22
Jalen Sundell	**C**	**2024-**

62

Dave Simonson	T	1976
Ernie Price	DE	1978-79
Terry Dion	DE	1980
Kani Kauahi	C	1982-86
Roland Barbay	NT	1987
Sean Farrell	G	1992
Natu Tuatagaloa	DE	1992
Chris Gray	G/C	1998-08
Evan Dietrich-Smith	G	2010
Drew Nowak	C	2014-15
Joey Hunt	C	2022-23

63

Nick Bebout	T	1976-79
Fredell Anderson	DE	1980-82
Mark Hicks	LB	1983
Reggie Kinlaw	NT	1985-86
Roger Weber	G	1987
Roy Hart	NT	1988-89
Ronnie Lee	T	1990-92
Donald Willis	G	1995
Frank Beede	G	1996-00
Chris White	C	2010
Rishaw Johnson	G	2012
Stephen Schilling	C	2014
Mark Glowinski	G	2015-17
Anthony Rush	DT	2020
Austin Blythe	C	2022
Evan Brown	C	2023
Sataoa Laumea	**G**	**2024-**

64

Gordon Jolley	G/T	1976-77
Charlie Aiu	G	1978
Ron Essink	T	1980-85
Tom Andrews	C/G	1987
Wes Dove	DE	1987
Darrick Brilz	G/C	1989-93
Robert Barr	T	1996
Norris McCleary	DT	2002
Steve McKinney	C	2008
Mike Gibson	G	2009-11
J.R. Sweezy	G	2012-15, 18
Jordan Roos	G	2017-19
Dakoda Shepley	C	2021
Austin Faoliu	NT	2023
Christian Haynes	**G**	**2024-**

65

John Demarie	G	1976
Edwin Bailey	G/T	1981-91
Chris Spencer	C	2005-10
Frank Omiyale	T	2012
Jason Spitz	C	2013
Patrick Lewis	C	2014-15
Germain Ifedi	G/T	2018-19
Michael Jerrell	**T**	**2024-**

66

Bill Sandifer	DT	1977-78
Bill Dugan	G	1981-83
Stan Eisenhooth	C	1987-88
Andy Heck	T/G	1989-93
Todd Norman	G	1995
Pete Kendall	G	1996-00
Mansfield Wrotto	G	2007-10
Paul Fanaika	G	2010-11
KeaVon Milton	G	2014
Jordan Simmons	G	2018-20
Gabe Jackson	G	2021-22
McClendon Curtis	T	2023-24

67

Bob Penchion	G	1976
Bill Cooke	DE/DT	1978-80
Reggie McKenzie	G	1983-84
Matt Hanousek	T/G	1987
Ken Clarke	NT	1988
Matt LaBounty	DE	1996
Antonio Edwards	DE	1993-94, 97
Rich Owens	DE	2002
Rob Sims	G	2006-09
Allen Barbre	G	2010
Paul McQuistan	G/T	2011-13
Landon Cohen	DT	2014
Kristjan Sokoli	C	2015
B.J. Finney	C	2020
Myles Adams	DT	2020-21
Charles Cross	**T**	**2022-**

68

Dennis Boyd	DE/DT/T	1977-79, 81-82
Randy Edwards	DE/NT	1984-87
John Eisenhooth	NT	1987
Michael Morris	LS	1990
John Hunter	G	1992
Brian Habib	G	1998-99
Dennis Norman	T	2001-04
Tom Ashworth	T	2006-07
Mike Wahle	G	2008
Breno Giacomini	T	2010-13
Justin Britt	C/G/T	2014-19
Damien Lewis	G	2020-23

69

Andy Dorris	DE	1977
Bill Fifer	T	1979
Doug Sutherland	DT	1981
Matt Hernandez	T	1983
Sid Abramowitz	T	1984
Garth Thomas	G	1987
Jeff Blackshear	G	1993-95
Grant Williams	T	1996
Floyd Wedderburn	T/G	1999-02
Joe Tafoya	DE	2005-06
Steve Vallos	C	2008-09
Chester Pitts	G	2010
Clinton McDonald	DT	2011-13
Tyler Ott	LS	2016-22

70

Bob Lurtsema	DE/DT	1976-77
Dave Kraayeveld	DE/DT	1978
Jeff Sevy	G/T	1979-80
Mike White	DT	1981-82
Darrell Irvin	DE	1983
Howard Richards	T	1987
Ron Mattes	T	1986-90
Michael Sinclair	DE	1991-01
Jerry Wunsch	T	2002-04
Na'Shan Goddard	T	2008
Michael Brooks	DT	2013
David King	DE	2014
Andrew McDonald	T	2014
Rees Odhiambo	G/T	2016-17
Mike Iupati	G	2019-20
Cedric Ogbuehi	T	2021
Jason Peters	T	2023
Laken Tomlinson	G	2024

71

Steve Niehaus	DE/DT	1976-78
Carl Eller	DE	1979
Jack Campbell	T	1982
Bryan Millard	G/T	1984-91
Rickie Shaw	T	1993
Michael Moody	T	1994
Walter Jones	T	1997-09

72

Al Cowlings	DE	1976
Larry Woods	DT	1976
Louis Bullard	T	1978-80
Joe Nash	DT/NT	1982-96
Lester Williams	NT	1987
Andrew Greene	G	1998
Tony Berti	G/T	1998
Chris Terry	T	2002-04
Clifton Geathers	DE	2010
Robert Gallery	G	2011
Michael Bennett	DE	2013-17
Al Woods	DT	2019
Brandon Shell	T	2020-21
Abraham Lucas	**T**	**2022-**

73

Norm Evans	T	1976-78
Andre Hines	T	1980
Dino Mangiero	NT	1984
Ron Scoggins	T	1987
Alvin Powell	G	1987-88
Curt Singer	T	1990-91
Ray Roberts	T	1992-95
Marcus Jenkins	G	2000
Wayne Hunter	T	2003-05
Will Robinson	T	2010
Michael Bowie	T	2013
Travian Robertson	DT	2014
J'Marcus Webb	T	2016
Matt Tobin	T	2017
Jamarco Jones	G/T	2018-21

74

Carl Barisich	DE	1976
Ron East	DT	1977
Manu Tuiasosopo	DT/DE	1979-83
Mike Fanning	DE	1984
Curt Singer	T	1986
Don Fairbanks	DE	1987
Warren Wheat	G	1989-91
James Atkins	T/G	1994-97
Todd Weiner	T	1998-01
Matt Hill	T	2002-03
Ray Willis	T	2005-10
John Moffitt	G	2011-12
Caylin Hauptmann	T	2013
George Fant	T	2016-19, 24
Cedric Ogbuehi	T	2020
Jake Curhan	T	2021-23

75

Dave Tipton	DE	1976
Alden Roche	DE	1977-78
Robert Hardy	DT	1979-82
Adam Schreiber	G	1984
Mike Wilson	T	1986-89
David Graham	DE/NT	1987
Van D Hughes	T	1987
Keith Millard	DT	1992
Michael McCrary	DE	1993
Howard Ballard	T	1994-98
Chris McIntosh	T	2000-01
Sean Locklear	T	2004-10
James Carpenter	T	2011
Mike Person	T	2012-13
Oday Aboushi	G/T	2017
Elijah Nkansah	T	2018
Chad Wheeler	T	2019-20
Cedrick Lattimore	DT	2020
Anthony Bradford	**G**	**2023-**

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

76

Steve August	T	1977-84
Jon Borchardt	G/T	1985-87
Greg Ramsey	DE	1987
Bill Hitchcock	T/G	1991-94
Riddick Parker	DT	1997-98
Steve Hutchinson	G	2001-05
Russell Okung	T	2010-15
Germain Ifedi	G/T	2016-17
Duane Brown	T	2017-21
Ben Brown	G	2023

77

Richard Harris	DE/DT	1976-77
Bill Gregory	DE/DT	1978-80
Jeff Bryant	DE/DT	1982-93
Doug Hollie	DE	1987
Charles Wiley	DT	1987
Matt Joyce	G	1995
Derrick Graham	G	1996-97
Floyd Womack	T	2001-08
Brandon Frye	T	2009
Damion McIntosh	T	2009
Stacy Andrews	T	2010
Jarriel King	T	2011
James Carpenter	T	2012-14
Ahtyba Rubin	DT	2015-16
Ethan Pocic	C/G	2017-21
Quinton Jefferson	DE/DT	2022
Matt Gotel	NT	2023

78

Bob Newton	G	1976-81
David Graham	DE/NT	1982
Bob Cryder	T	1984-86
Tim Burnham	T	1987-88
Doug Hollie	DE	1988
Eric Hayes	DT	1990-91
Mike Keim	T	1992-95
Patrick Riley	DT	1996
Antonio Cochran	DT	2001-04
Robert Pollard	DE	2005-06
Kyle Williams	T	2008-09
Tyler Polumbus	T	2010-11
Allen Barbre	G	2011
Alvin Bailey	T	2013-15
Bradley Sowell	T	2016
Luke Joeckel	G/T	2017
D.J. Fluker	G	2018-19
Alex Boone	G	2020
Stone Forsythe	T	2021-24

79

Jim White	DE	1976
Horace Jones	DE	1977
Jacob Green	DE	1980-91
Dale Dorning	DE	1987
Jason Childs	G	1993
Ed Cunningham	C	1996
Grant Williams	T	1997-99
Chad Overhauser	G	2000
Konrad Dean	T	2002
Red Bryant	DE/DT	2008-13
Garry Gilliam	T	2014-16
Isaiah Battle	T	2017
Bryan Mone	DT	2019
Raiqwon O'Neal	T	2023

80

Steve Largent	WR	1976-89
Jerry Rice	WR	2004

81

John McMakin	TE	1976
John Sawyer	TE	1977-78, 80-82
Daryl Turner	WR	1984-87
Brant Bengen	WR	1987
Tommy Kane	WR	1988-92
Donnie Dee	TE	1989
Michael Bates	WR	1993-94
Ronnie Harris	WR	1995-98
Bobby Shaw	WR	1998
Sean Dawkins	WR	1999-00
Koren Robinson	WR	2001-04
Peter Warrick	WR	2005
Nate Burleson	WR	2006-09
Golden Tate	WR	2010-13
Kevin Norwood	WR	2014
Nick Vannett	TE	2016-19
Gerald Everett	TE	2021

82

Fred Rayhle	TE	1977
Mark Bell	TE/DE	1979-80, 82
Paul Skansi	WR	1984-91
Curt Pardridge	WR	1987
Ron Heller	TE	1992
Ferrell Edmunds	TE	1993-94
James McKnight	WR	1995-98
Charles Jordan	WR	1999
Darrell Jackson	WR	2000-06
Jordan Kent	WR	2008
Ruvell Martin	WR	2010
Dominique Byrd	TE	2011
Evan Moore	TE	2012
Luke Willson	TE	2013-17,19-20
Amara Darboh	WR	2018
Cody White	**WR**	**2024-**

83

Steve Raible	WR	1976-81
Chris Castor	WR	1983-84
Ray Butler	WR	1985-88
Jimmy Teal	WR	1987
Rod Jones	TE	1989
Trey Junkin	TE	1990-95
Ronnie Williams	TE	1996
Tyree Davis	WR	1997
Robert Wilson	WR	1998
Karsten Bailey	WR	1999-00
Fabien Bownes	WR	2001
Ryan Hannam	TE	2002-05
Willie Ponder	WR	2006
Deion Branch	WR	2006-10
Ricardo Lockette	WR	2011, 13-15
Stephen Williams	WR	2013
David Moore	WR	2017-20
Dareke Young	**WR**	**2022-**

84

Sam McCullum	WR	1976-81
Sam Clancy	DE	1983
Dwight Scales	WR	1984
Danny Greene	WR	1985
Chris Corley	TE	1987
John O'Callaghan	TE	1987
Louis Clark	WR	1987-92
Kelvin Martin	WR	1993-94
Joey Galloway	WR	1995-99
Bobby Engram	WR	2001-08
T.J. Houshmandzadeh	WR	2009
Sean McGrath	TE	2012
Cooper Helfet	TE	2014-15
Amara Darboh	WR	2017
Ed Dickson	TE	2018-19
Colby Parkinson	TE	2020-23

85

Paul Johns	WR	1981-84
Dan Ross	TE	1985
Gordon Hudson	TE	1986
Mark Keel	TE	1987
Jimmy Teal	WR	1988
Harper Le Bel	TE	1989
Ron Heller	TE	1990
Doug Thomas	WR	1991-93
Christian Fauria	TE	1995
Mike Pritchard	WR	1996-99
James Hill	TE	2000
Alex Bannister	WR	2001-05
Will Heller	TE	2006-08
Anthony McCoy	TE	2010-15
Tyler Mabry	TE	2020-24

86

Jessie Green	WR	1979-80
Mike Tice	TE	1981-88
Donald Snell	WR	1987
Travis McNeal	TE	1989-91
Robb Thomas	WR	1993-95
Christian Fauria	TE	1996-01
Jerramy Stevens	TE	2002-06
Courtney Taylor	WR	2007-08
John Owens	TE	2009
Chris Baker	TE	2010
Zach Miller	TE	2011-14
Chase Coffman	TE	2015
Brandon Williams	TE	2016
Jacob Hollister	TE	2020
Easop Winston Jr.	WR	2023
Pharaoh Brown	TE	2024

87

Ron Howard	TE	1976-78
Roger Carr	WR	1982
Charle Young	TE	1983-85
Kevin Juma	WR	1987
Wilbur Strozier	TE	1987
Robert Tyler	TE	1989
Willie Bouyer	WR	1990
Mike Tice	TE	1990-91
Paul Green	TE	1992-94
Carlester Crumpler	TE	1995-98
Derrick Mayes	WR	1999-00
Russell Stewart	TE	2001
Kevin Kasper	WR	2002
Taco Wallace	WR	2003-04
Joe Jurevicius	WR	2005
Ben Obomanu	WR	2006-12
Kellen Davis	TE	2013
RaShaun Allen	TE	2014
Brett Brackett	TE	2014
Darrell Daniels	TE	2018
Noah Fant	TE	2022-24

88

Don Clune	WR	1976
Brian Peets	TE	1978-79
Pete Metzelaars	TE	1982-84
Byron Franklin	WR	1985-87
Russell Evans	WR	1987
John Spagnola	TE	1988
Willie Bouyer	WR	1989
Jeff Chadwick	WR	1989-91
David Daniels	WR	1992
Terrence Warren	WR	1993-94
Ricky Proehl	WR	1995-96
Deems May	TE	1997-99
James Williams	WR	2000-02
Itula Mili	TE	2003-06
Marcus Pollard	TE	2007
Jeb Putzier	TE	2008
Cameron Morrah	TE	2009-12
Phil Bates	WR	2014
Tony Moeaki	TE	2014
Jimmy Graham	TE	2015-17
Will Dissly	TE	2018-19
Greg Olsen	TE	2020
Cade Johnson	WR	2021-23
AJ Barner	**TE**	**2024-**

PLAYERS ALL-TIME NUMERICAL ROSTER, continued

89

Alvis Darby	TE	1976
Duke Fergerson	WR	1977-79
Mark McGrath	WR	1981
Byron Walker	WR	1982-86
Jim Laughton	TE	1986
Ken Sager	TE	1987
Brian Blades	WR	1988-98
Itula Mili	TE	2000-02
Jerheme Urban	WR	2004-05
Boone Stutz	LS	2007
John Carlson	TE	2008-11
Doug Baldwin	WR	2012-18
Will Dissly	TE	2020-23

90

Jethro Franklin	DE	1989
Terry Wooden	LB	1990-96
Mike Croel	DE	1998
Antonio Cochran	DT	1999-00
Chad Eaton	DT	2001-02
Marcus Tubbs	DT	2004-07
Brandon Miller	DE	2008
Colin Cole	DT	2009-10
Al Woods	DT	2011
Jason Jones	DE	2012
Jarran Reed	**DT**	**2016-20, 23-**
Jadeveon Clowney	DE	2019
Bryan Mone	DT	2021-22

91

Darrin Miller	LB	1988-89
Jim Skow	DE	1991
Tyrone Rodgers	DT	1992-94
Martin Harrison	DE	1997
Tim Watson	DT	2000-01
Matt LaBounty	DE	2001
Anton Palepoi	DE	2002-04
Chuck Darby	DT	2005-07
Baraka Atkins	DE	2008
Michael Bennett	DE	2009
Chris Clemons	DE	2010-13
Cassius Marsh	DE	2014-16
Sheldon Richardson	DT	2017
Tom Johnson	DT	2018
Jarran Reed	DT	2019
L.J. Collier	DE	2019-22
Byron Murphy II	**DT**	**2024-**

92

David Wyman	LB	1987-92
Mike Frier	DT	1994
Henry McMillian	DE	1995-96
Lamar King	DE	1999-03
Alain Kashama	DE	2005
Chris Cooper	DT	2006
Brandon Mebane	DT	2007-15
John Jenkins	DT	2016
Sealver Siliga	DT	2016
Nazair Jones	DT	2017-19
Bryan Mone	DT	2020
Robert Nkemdiche	DT	2021
Tyreke Smith	LB	2022-23
Quinton Bohanna	**DT**	**2024-**

93

E.J. Junior	LB	1993
Brent Williams	DE	1994-95
Phillip Daniels	DE	1996-99
Rahmaan Streater	DE	2000
John Randle	DT	2001-03
Craig Terrill	DT	2004-10
Pep Levingston	DT	2011
O'Brien Schofield	LB	2013-14
David King	DE	2015
Tony McDaniel	DT	2016
Dwight Freeney	DE	2017
Branden Jackson	DE	2017-20
Jonathan Bullard	DE	2020
Shelby Harris	DE	2022
Cameron Young	NT	2023-24

94

Wes Dove	DE	1987
Rod Stephens	LB	1989-94
Antonio Edwards	DE	1995-96
Chad Brown	LB	1997-04
Bryce Fisher	DE	2005-07
Howard Green	DT	2007-08
Cory Redding	DE	2009
Junior Siavii	DT	2010
Anthony Hargrove	DL	2011
Jaye Howard	DT	2012
D'Anthony Smith	DT	2013
Kevin Williams	DT	2014
Rasheem Green	DE	2018, 20-21
Ziggy Ansah	DE	2019
Isaiah Mack	DT	2022
Daviyon Nixon	DT	2022
Mike Morris	**DE**	**2023-**

95

Roland Barbay	NT	1987
Dean Wells	LB	1993-98
James Willis	LB	1999
John Hilliard	DE	2000-02
Rashad Moore	DT	2003-04
Rodney Bailey	DE	2005
Russell Davis	DT	2006
Ellis Wyms	DE	2007
Lawrence Jackson	DE	2008-09
Kentwan Balmer	DL	2010
Hebron Fangupo	DT	2012
Benson Mayowa	LB	2013, 20
Demarcus Dobbs	DE	2014-15
Dion Jordan	DE	2017-18
L.J. Collier	DE	2019
Myles Adams	DT	2022-24
Brandon Pili	**NT**	**2024-**

96

Chuck Butler	LB	1984
Cortez Kennedy	DT	1990-91, 93-00
Norman Hand	DT	2003
Grant Wistrom	DE	2004

97

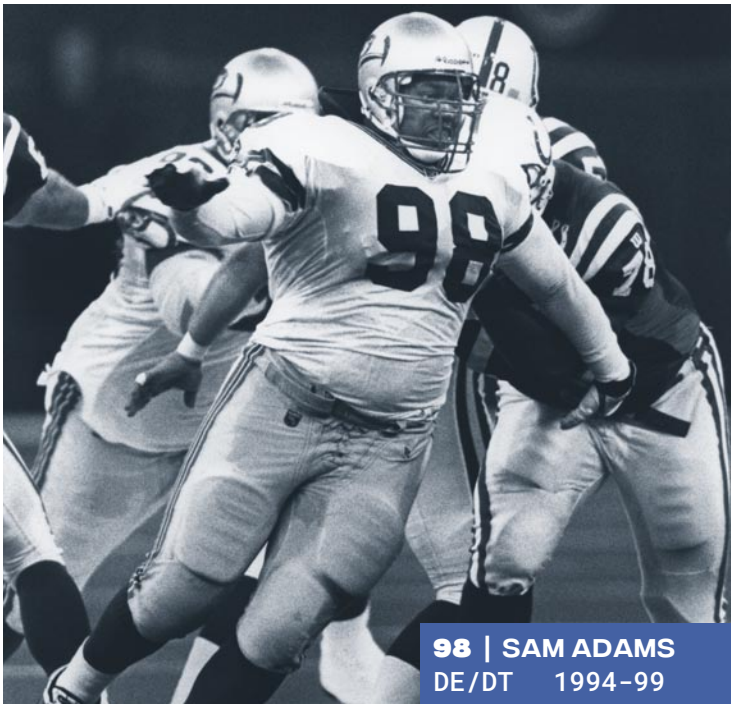
Rufus Porter	LB	1988-94
Glenn Montgomery	DT	1996
Dan Saleaumua	DT	1997-98
Riddick Parker	DT	1999-00
Brandon Mitchell	DE	2002-04
Marcus Green	DT	2006
Patrick Kerney	DE	2007-09
E.J. Wilson	DE	2010
Amon Gordon	DT	2010
Patrick Chukwurah	DE	2012
Jordan Hill	DT	2013-15
Damontre Moore	DE	2016
Malliciah Goodman	DE	2016
Marcus Smith	DE	2017
Poona Ford	DT	2018-22
Mario Edwards Jr.	DE	2023
Johnathan Hankins	**NT**	**2024-**

98

Elston Ridgle	DE	1989
Kevin Murphy	LB	1993
Sam Adams	DE/DT	1994-99
Cedric Woodard	DT	2000-04
Grant Wistrom	DE	2005-06
Baraka Atkins	DE	2007
Julian Peterson	LB	2008
Nick Reed	DE	2009
Raheem Brock	DE	2010-11
Greg Scruggs	DE	2012-14
Garrison Smith	DT	2016-17
Shamar Stephen	DT	2018
Rasheem Green	DE	2019
Alton Robinson	DE	2020-22
Roy Robertson-Harris	DT	2024

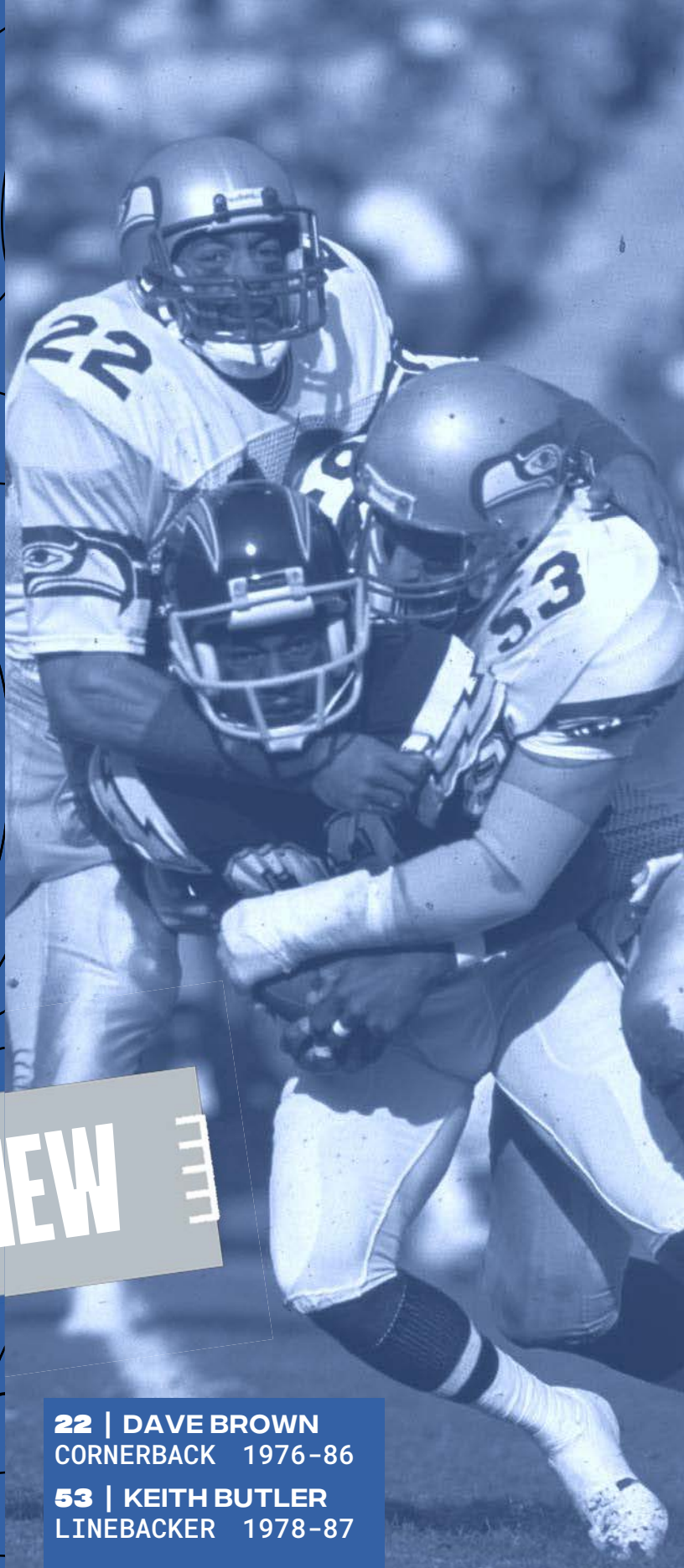
99

Donald Miller	LB	1990
Bernard Clark	LB	1991
Cortez Kennedy	DT	1992
Natu Tuatagaloa	DE	1993
Michael McCrary	DE	1994-96
Matt LaBounty	DE	1997-00
Levon Kirkland	LB	2001
Rocky Bernard	DT	2002-08
Derek Walker	DE	2009
Jay Richardson	DE	2010
Alan Branch	DT	2011-12
Tony McDaniel	DT	2013-14
A.J. Francis	DT	2015
Quinton Jefferson	DE/DT	2016-19
Damontre Moore	DE	2020
Al Woods	DT	2021-22
Leonard Williams	**DE**	**2023-**



98 | SAM ADAMS
DE/DT 1994-99

ALL-TIME REVIEW



22 | DAVE BROWN
CORNERBACK 1976-86

53 | KEITH BUTLER
LINEBACKER 1978-87

1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att
09/12	L	30-24	St. Louis	58,441
09/19	L	31-7	at Washington	53,174
09/26	L	37-21	San Francisco	59,108
10/03	L	28-13	Dallas	62,027
10/10	L	28-20	at Green Bay (Mil)	54,983
10/17	W	13-10	at Tampa Bay	43,812
10/24	L	41-14	Detroit	61,280
10/31	L	41-6	at L.A. Rams	52,035
11/07	W	30-13	Atlanta	57,985
11/14	L	27-21	at Minnesota	45,087
11/21	L	51-27	New Orleans	61,865
11/28	L	28-16	at N.Y. Giants	65,111
12/05	L	34-7	Chicago	60,510
12/12	L	27-10	at Philadelphia	37,949

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att.	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att.	15/20	6/16
4th Down Pct.	75.0	37.6
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.4
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	205.8
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.3
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

By Quarters	1	2	3	4	OT	Tot
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Leypoldt	0	0	0	0	19-22	8-12	0	43
Smith	5	4	1	0	0	0	0	30
Largent	4	0	4	0	0	0	0	24
McCullum	4	0	4	0	0	0	0	24
McKinnis	4	4	0	0	0	0	0	24
Zorn	4	4	0	0	0	0	0	24
SEA	29	14	13	2	26-29	9-16	1	229
OPP	53	20	27	6	51-53	20-30	0	429

Rushing	Att	Yds	Avg	LG	TD
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.8	53	14
OPP	614	2881	4.7	47	20

Receiving	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.6	80	13
OPP	223	2770	12.4	66	27

Interceptions	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

Kickoff Returns	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leypoldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Record (Finish): 2-12 (5th, NFC West)

Head Coach: Jack Patera (2-12, .143)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: QB Jim Zorn, NFC Offensive **Rookie of the Year:** DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	Art Kuehn*	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	Steve Largent*	13
QB	Jim Zorn*	14
RB	Sherman Smith*	9
FB	Don Testerman*	8

DEFENSE

LE	Dave Tipton	12
LT	Steve Niehaus*	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	Sammy Green*	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leypoldt	11
P	Rick Engles	14

*Rookie or first-year player

1976 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.
09/18	L	29-14	Baltimore	58,991
09/25	L	42-20	at Cincinnati	45,579
10/02	L	24-13	Denver	53,108
10/09	L	31-0	at New England	45,929
10/16	W	30-23	Tampa Bay	54,783
10/23	L	31-13	at Miami	29,855
10/30	W	56-17	Buffalo	61,180
11/06	L	44-7	at Oakland	50,929
11/13	W	17-0	at N.Y. Jets	43,973
11/20	L	22-10	Houston	61,519
11/27	L	30-28	San Diego	55,338
12/04	L	30-20	at Pittsburgh	45,429
12/11	W	34-31	at Kansas City	22,562
12/18	W	20-19	Cleveland	61,583

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att.	72/187	86/206
3rd Down Pct.	38.5	41.7
4th Down: Made/Att.	6/16	9/14
4th Down Pct.	37.6	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.6	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.3	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.3	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.2
Had Intercepted	32	25
PUNTS/AVERAGE	64/38.0	54/36.0
NET PUNTING AVG.	30.6	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

By Quarters	1	2	3	4	OT	Tot
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	0	10	0	0	0	0	60
Leypoldt	0	0	0	0	33-37	9-18	0	60
Sims	8	5	3	0	0	0	0	48
Smith	6	4	2	0	0	0	0	36
Testerman	5	1	4	0	0	0	0	30
SEA	37	12	23	2	33-37	9-18	0	282
OPP	43	21	19	3	42-43	23-31	2	373

Rushing	Att	Yds	Avg	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.3	39	12
OPP	596	2485	4.2	41	21

Receiving	No	Yds	Avg	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Fergerson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
SEA	175	2459	14.1	82	23
OPP	196	2464	12.6	67	19

Interceptions	No	Yds	Avg	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.6	102	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
SEA	64	2430	38.0	30.6	4	10	59	2
OPP	54	1942	36.0	30.8	3	11	61	2

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	36	820	22.7	41	0
Fergerson	11	240	21.8	39	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2464	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.
Head Coach: Jack Patera (7-21, .250)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)
Captains: T Norm Evans (Off.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: None
National Honors: None; **All-NFL:** None

OFFENSE

Pos.		Starts
WR	Duke Fergerson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	Dennis Boyd*	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	Terry Beeson*	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leypoldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

1977 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	at Green Bay (Mil)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	345	331
Rushing	150	153
Passing	156	160
Penalty	39	18
3rd Down: Made/Att.	98/235	88/216
3rd Down Pct.	41.7	40.7
4th Down: Made/Att.	20/31	8/14
4th Down Pct.	64.5	57.1
TOTAL NET YARDS	5511	5522
Avg. Per Game	344.4	345.1
Total Plays	1072	1036
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2394	2517
Avg. Per Game	149.6	157.3
Total Rushes	561	551
NET YARDS PASSING	3117	3005
Avg. Per Game	194.8	187.8
Sacked/Yards Lost	44/284	25/220
Gross Yards	3401	3225
Att./Completions	467/261	460/263
Completion Pct.	55.9	57.2
Had Intercepted	22	22
PUNTS/AVERAGE	69/36.9	66/38.0
NET PUNTING AVG.	29.9	31.0
PENALTIES/YARDS	94/789	125/997
FUMBLES/BALL LOST	36/19	34/17
TOUCHDOWNS	44	43
Rushing	28	20
Passing	15	21
Returns	1	2
TOTAL POINTS	345	358

By Quarters	1	2	3	4	OT	Tot
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Sims	15	14	1	0	0	0	0	90
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	0	48
Smith	7	6	1	0	0	0	0	42
Zorn	6	6	0	0	0	0	0	36
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

Rushing	Att	Yds	Avg	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

Receiving	No	Yds	Avg	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

Interceptions	No	Yds	Avg	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamon	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

Record (Finish): 9-7 (T2nd, AFC West)

Head Coach: Jack Patera (16-28, .364)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), SS Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (*NEA*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith+	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	Keith Butler*	14
LCB	Cornell Webster	14
	Keith Simpson*	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	John Harris*	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player
+Started 1 game at fullback

1978 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att.	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att.	14/23	13/21
4th Down Pct.	60.9	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

By Quarters	1	2	3	4	OT	Tot
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	43-46	19-23	0	100
Smith	15	11	4	0	0	0	0	90
Doornink	9	8	1	0	0	0	0	54
Largent	9	0	9	0	0	0	0	54
McCullum	4	0	4	0	0	0	0	24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-29	0	372

Rushing	Att	Yds	Avg	LG	TD
Smith	194	775	4.0	31	11
Doornink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

Receiving	No	Yds	Avg	LG	TD
Largent	66	1237	18.7	55	9
Doornink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

Interceptions	No	Yds	Avg	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

Kickoff Returns	No	Yds	Avg	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Record (Finish): 9-7 (T3rd, AFC West)
Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (*SI, N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	Robert Hardy*	16
RT	Manu Tuiasosopo*	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

1979 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

* Wild Card

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	W	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at San Diego	49,980
12/21	L	25-17	Denver	51,853

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

By Quarters	1	2	3	4	OT	Tot
SEA	25	95	50	121	0	291
OPP	48	139	77	144	0	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Rushing	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Receiving	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Interceptions	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Hardy	103	72	31	3.0	2	1	1
Beeson	101	65	36	1.0	1	2	1
Tuiasosopo	94	63	31	3.5	4	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

Record (Finish): 4-12 (5th, AFC West)
Head Coach: Jack Patera (29-47, .382)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)
MVP: WR Sam McCullum
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Dan Doornink	11
	Sherman Smith	2
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE

LE	Jacob Green*	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Kerry Justin	11
	Cornell Webster	5
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

1980 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/06	L	27-21	at Cincinnati	41,177
09/13	W	13-10	Denver	58,513
09/20	L	20-10	at Oakland	45,725
09/27	L	20-14	Kansas City	59,255
10/04	L	24-10	at San Diego	51,463
10/11	L	35-17	at Houston	42,671
10/18	L	32-0	N.Y. Giants	56,134
10/25	W	19-3	at N.Y. Jets	49,678
11/01	L	34-24	at Green Bay	49,467
11/08	W	24-21	Pittsburgh	59,058
11/16	W	44-23	San Diego	58,628
11/22	L	40-13	at Kansas City	49,002
11/29	L	32-31	Oakland	57,147
12/06	W	27-23	N.Y. Jets	53,105
12/13	L	23-13	at Denver	74,527
12/20	W	42-21	Cleveland	51,435

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

By Quarters	1	2	3	4	OT	Tot
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0	59
T. Brown	6	6	0	0	0	0	0	36
Doornink	5	1	4	0	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0	322
OPP	46	20	25	1	41-46	23-29	1	388

Rushing	Att	Yds	Avg	LG	TD
T. Brown	141	531	3.8	43	6
Smith	83	253	3.0	21	3
Doornink	65	194	3.0	11	1
Zorn	30	140	4.7	20	1
Hughes	47	135	2.9	15	0
SEA	440	1594	3.6	43	14
OPP	588	2806	4.8	73	20

Receiving	No	Yds	Avg	LG	TD
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doornink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

Interceptions	No	Yds	Avg	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.2	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Jack Patera (35-57, .380)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (3)

National Honors: S Kenny Easley, AFC Defensive Rookie of the Year, First-Team All-NFL

All-NFL: S Kenny Easley

OFFENSE

Pos.		Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	Edwin Bailey*	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiasosopo	5
	Mike White	5
RE	Manu Tuiasosopo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	Kenny Easley*	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

1981 AFC WEST STANDINHS

	W	L	T	Pct.	Pts.	Opp.
San Diego	10	6	0	.625	478	390
Denver	10	6	0	.625	321	289
Kansas City	9	7	0	.563	343	290
Oakland	7	9	0	.438	273	343
Seattle	6	10	0	.375	322	388

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att
09/12	L	21-7	Cleveland	55,907
09/19	L	23-21	at Houston	43,117
09/26			at New England	Cxl
10/03			Kansas City	Cxl
10/10			at San Diego	Cxl
10/17			L.A. Raiders	Cxl
10/24			San Diego	Cxl
10/31			at Kansas City	Cxl
11/07			Denver	Postponed
11/14			at St. Louis	Cxl
11/21	W	17-10	at Denver	73,916
11/28	W	16-0	Pittsburgh	55,553
12/05	L	28-23	at L.A. Raiders	42,170
12/12	W	20-14	Chicago	52,826
12/19	L	16-0	New England	53,457
12/26	L	24-10	at Cincinnati	55,330
01/02	W	13-11	Denver	43,145

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	159	167
Rushing	51	86
Passing	89	68
Penalty	19	13
3rd Down: Made/Att.	43/130	50/126
3rd Down Pct.	33.1	39.7
4th Down: Made/Att.	6/12	5/8
4th Down Pct.	50.0	62.5
POSSESSION AVG.	28:04	31:56
TOTAL NET YARDS	2594	2794
Avg. Per Game	288.2	310.4
Total Plays	589	600
Avg. Per Play	4.4	4.7
NET YARDS RUSHING	795	1461
Avg. Per Game	88.3	162.3
Total Rushes	227	337
NET YARDS PASSING	1799	1333
Avg. Per Game	199.9	148.1
Sacked/Yards Lost	36/269	17/135
Gross Yards	2068	1468
Att./Completions	326/176	246/138
Completion Pct.	54.0	56.1
Had Intercepted	13	13
PUNTS/AVERAGE	49/38.6	50/40.6
NET PUNTING AVG.	35.9	34.9
PENALTIES/YARDS	59/523	44/406
FUMBLES/BALL LOST	21/11	18/9
TOUCHDOWNS	14	18
Rushing	4	12
Passing	9	4
Returns	1	2
TOTAL POINTS	127	147

By Quarters	1	2	3	4	OT	Tot
SEA	9	37	28	53	0	127
OPP	26	70	23	28	0	147

As the result of a 57-day players' strike, the 1982 NFL regular-season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	13-14	10-14	0	43
Largent	3	0	3	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	12
Walker	2	0	2	0	0	0	0	12
SEA	14	4	9	1	13-14	10-14	0	127
OPP	18	12	4	2	17-18	6-15	2	147

Rushing	Att	Yds	Avg	LG	TD
Smith	63	202	3.2	19	0
Doornink	45	178	4.0	46	0
T. Brown	53	141	2.7	17	2
Zorn	15	113	7.5	35	1
Hughes	30	106	3.5	13	0
SEA	227	795	3.5	46	4
OPP	337	1461	4.3	53	12

Receiving	No	Yds	Avg	LG	TD
Largent	34	493	14.5	45	3
Doornink	22	176	8.0	44	0
Smith	19	196	10.3	39	0
Carr	15	265	17.7	50	2
Johns	15	234	15.6	35	1
Metzelaars	15	152	10.1	26	0
SEA	176	2068	11.8	50	9
OPP	138	1468	10.6	56	4

Interceptions	No	Yds	Avg	LG	TD
Easley	4	48	12.0	44	0
Harris	4	33	8.3	18	0
Jackson	2	29	14.5	28	0
SEA	13	160	12.3	44	1
OPP	13	88	6.8	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0
SEA	49	1889	38.6	35.9	3	9	54	0
OPP	50	2032	40.6	34.9	3	10	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	19	10	210	11.1	37	0
SEA	21	14	228	10.9	37	0
OPP	19	23	69	3.6	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Ivory	10	224	22.4	30	0
Lane	11	172	15.6	32	0
SEA	29	544	18.8	32	0
OPP	24	361	15.0	34	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach /LBs), Rusty Tillman (Sp. Teams), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: S Kenny Easley

Pro Bowl: S Kenny Easley (1)

National Honors: None

First-Team All-NFL: S Kenny Easley (PFW, NEA, Football Digest)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiasosopo	8
RE	Jeff Bryant*	9
LLB	Bruce Scholtz*	9
MLB	Michael Jackson	8
RLB	Keith Butler	8
LCB	Keith Simpson	8
RCB	Dave Brown	9
LS	Kenny Easley	8
RS	John Harris	9

SPECIAL TEAMS

K	Norm Johnson*	9
P	Jeff West	9

*Rookie or first-year player

1982 AFC STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
N.Y. Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

1983 REVIEW (9-7; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688
POSTSEASON				
12/24	W	31-7	Denver (AFC Wild Card Game)	60,753
12/31	W	27-20	at Miami (AFC Divisional Playoff)	71,032
01/08	L	30-14	at L.A. Raiders (AFC Championship)	88,734

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att.	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att.	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/311
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.5
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

By Quarters	1	2	3	4	OT	Tot
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

Rushing	Att	Yds	Avg	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doornink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

Receiving	No	Yds	Avg	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.39	25	5.6	18	4.0	50	47/343	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/351	85.6

Record (Finish): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

Head Coach: Chuck Knox (9-7, .563)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: SS Kenny Easley (2), RB Curt Warner (1)

National Honors: Chuck Knox, NFL Coach of the Year (SGH); SS Kenny Easley, AFC Defensive Player of the Year (*FB News*); RB Curt Warner, AFC Offensive Player of Year (*UPI*, NFLPA, WNTDC), First-Team All-NFL: SS Kenny Easley (*NEA, PFWA, PFW*)

OFFENSE

Pos.		Starts
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	Curt Warner*	16
FB	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Manu Tuiasosopo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1983 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

* Wild Card

1984 REVIEW (12-4; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/03	W	33-0	Cleveland	59,540
09/09	W	31-17	San Diego	61,314
09/16	L	38-23	at New England	43,140
09/23	W	38-9	Chicago	61,520
09/30	W	20-12	at Minnesota	57,171
10/07	L	28-14	at L.A. Raiders	77,904
10/14	W	31-28	Buffalo	59,034
10/21	W	30-24	at Green Bay (Mil)	52,286
10/29	W	24-0	at San Diego	53,974
11/04	W	45-0	Kansas City	61,396
11/12	W	17-14	L.A. Raiders	64,001
11/18	W	26-6	at Cincinnati	50,280
11/25	W	27-24	at Denver	74,922
12/02	W	38-17	Detroit	62,441
12/09	L	34-7	at Kansas City	34,855
12/15	L	31-14	Denver	64,411
POSTSEASON				
12/22	W	13-7	L.A. Raiders (AFC Wild Card Game)	62,049
12/29	L	31-10	at Miami (AFC Divisional Playoff)	73,469

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att.	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att.	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

By Quarters	1	2	3	4	OT	Tot
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	50-51	20-24	0	110
Largent	12	0	12	0	0	0	0	72
Turner	10	0	10	0	0	0	0	60
Lane	5	4	1	0	0	0	0	30
SEA	51	10	32	9	50-51	20-24	1	418
OPP	34	11	18	5	34-34	14-22	1	282

Rushing	Att	Yds	Avg	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doornink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

Receiving	No	Yds	Avg	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doornink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

Interceptions	No	Yds	Avg	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (*AP, SN, SGH*); SS Kenny Easley, NFL Def. Player of the Year (*AP, PFWA*)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (*AP, SI, PFW, PFWA, SN, NEA*, Films), DE Jacob Green (*SN*), K Norm Johnson (*AP, PFWA, SN, PFW*), WR Steve Largent (Films), NT Joe Nash (*AP, Films, PFW*), ST Fredd Young (Films, *PFW*)

OFFENSE

Pos.		Starts
WR	Daryl Turner*	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Eric Lane	7
	Curt Warner	1
FB	Franco Harris	6
	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1984 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/08	W	28-24	at Cincinnati	51,625
09/15	W	49-35	at San Diego	54,420
09/23	L	35-24	L.A. Rams	63,292
09/29	L	28-7	at Kansas City	50,485
10/06	W	26-21	San Diego	61,300
10/13	W	30-26	Atlanta	60,430
10/20	L	13-10	at Denver (OT)	74,899
10/27	L	17-14	at N.Y. Jets	69,320
11/03	W	33-3	L.A. Raiders	64,060
11/10	W	27-3	at New Orleans	47,365
11/17	L	20-13	New England	60,345
11/25	L	19-6	at San Francisco	57,482
12/01	W	24-6	Kansas City	52,655
12/08	W	31-13	Cleveland	58,477
12/15	L	13-3	at L.A. Raiders	77,425
12/20	L	27-24	Denver	56,283

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att.	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att.	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

By Quarters	1	2	3	4	OT	Tot
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	40-41	14-25	0	82
Turner	13	0	13	0	0	0	0	78
Warner	9	8	1	0	0	0	0	54
Largent	6	0	6	0	1-1	0	0	37
SEA	44	9	28	7	41-44	14-25	1	349
OPP	35	12	22	1	31-35	20-28	1	303

Rushing	Att	Yds	Avg	LG	TD
Warner	291	1094	3.8	38	8
Morris	55	236	4.3	21	0
Hughes	40	128	3.2	9	0
Krieg	35	121	3.5	17	1
SEA	462	1644	3.6	38	9
OPP	473	1837	3.9	43	12

Receiving	No	Yds	Avg	LG	TD
Largent	79	1287	16.3	43	6
Warner	47	307	6.5	27	1
Turner	34	670	19.7	54	13
C. Young	28	351	12.5	32	2
Skansi	21	269	12.8	32	1
Walker	19	285	15.0	28	2
SEA	304	3820	12.6	54	28
OPP	273	3787	13.9	71	22

Interceptions	No	Yds	Avg	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Record (Finish): 8-8 (3rd, AFC West)
Head Coach: Chuck Knox (29-19, .604)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)
National Honors: RB Curt Warner, Comeback Player of the Year (*SI*)
First-Team All-NFL: SS Kenny Easley (*AP, PFWA, NEA*), WR Steve Largent (*AP, PFWA, SI, C&PFN*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
TE	Charle Young	14
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

1985 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

1986 REVIEW (10-6)

Date	W/L	Score	Opponents	Att
09/07	W	30-0	Pittsburgh	61,461
09/14	W	23-17	Kansas City	61,068
09/21	W	38-31	at New England	58,977
09/28	L	19-14	at Washington	54,157
10/06	W	33-7	San Diego	63,207
10/12	L	14-10	at L.A. Raiders	70,635
10/19	W	17-12	N.Y. Giants	62,282
10/26	L	20-13	at Denver	76,089
11/02	L	38-7	N.Y. Jets	62,497
11/09	L	27-7	at Kansas City	53,268
11/16	L	34-7	at Cincinnati	54,410
11/23	W	24-20	Philadelphia	55,786
11/27	W	31-14	at Dallas	58,020
12/08	W	37-0	L.A. Raiders	62,923
12/14	W	34-24	at San Diego	47,096
12/20	W	41-16	Denver	63,697

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att.	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att.	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

By Quarters	1	2	3	4	OT	Tot
SEA	69	96	80	121	0	366
OPP	60	103	52	78	0	293

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	42-42	22-35	0	108
Warner	13	13	0	0	0	0	0	78
Largent	9	0	9	0	0	0	0	54
Turner	7	0	7	0	0	0	0	42
R. Butler	4	0	4	0	0	0	0	24
SEA	43	15	24	4	42-43	22-35	0	366
OPP	34	12	20	2	32-34	19-28	0	293

Rushing	Att	Yds	Avg	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

Receiving	No	Yds	Avg	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

Field Goals	1-19	20-29	30-39	40-49	50+
N . Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

Record (Finish): 10-6 (3rd, AFC West)

Head Coach: Chuck Knox (39-25, .609)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)

National Honors: RB Curt Warner, AFC Player of the Year (*UPI*)

First-Team All-NFL: KR Bobby Joe Edmonds (*AP, PFWA, SN, PFW, FD*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	John L. Williams*	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Vince Gamache*	16

*Rookie or first-year player

1986 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
L.A. Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

* Wild Card

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	40-17	at Denver	75,999
09/20	W	43-14	Kansas City	61,667
09/27			at San Diego	Cxl
10/04	W	24-20	Miami	19,448
10/11	L	17-10	Cincinnati	31,739
10/18	W	37-14	at Detroit	8,310
10/25	W	35-13	at L.A. Raiders	52,735
11/01	W	28-17	Minnesota	61,134
11/09	L	30-14	at N.Y. Jets	60,452
11/15	W	24-13	Green Bay	60,693
11/22	W	34-3	San Diego	62,444
11/30	L	37-14	L.A. Raiders	62,802
12/06	L	13-9	at Pittsburgh	48,881
12/13	W	28-21	Denver	61,759
12/20	W	34-21	at Chicago	62,518
12/27	L	41-20	at Kansas City	20,370

POSTSEASON

01/03	L	23-20	at Houston (OT) (AFC Wild Card Game)	49,662

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

By Quarters	1	2	3	4	OT	Tot
SEA	79	132	95	65	0	371
OPP	51	110	75	78	0	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Fredd Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (*PFWA*), G Bryan Millard (Films), RB Curt Warner (*SI, NEA*), LB Fredd Young (*AP, PFWA*, Films, *SI, PFW, SN, NEA*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	Tony Woods*	5
LILB	Fredd Young	13
RILB	Brian Bosworth*	12
ROLB	Greg Gaines	10
	Tony Woods*	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

1987 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	21-14	at Denver	75,986
09/11	W	31-10	Kansas City	61,512
09/18	L	17-6	at San Diego	44,449
09/25	L	38-7	San Francisco	62,382
10/02	W	31-20	at Atlanta	28,619
10/09	W	16-10	at Cleveland	78,605
10/16	L	20-19	New Orleans	63,569
10/23	L	31-10	at L.A. Rams	57,033
10/30	W	17-14	San Diego	59,641
11/06	L	13-3	Buffalo	61,074
11/13	W	27-24	Houston	60,446
11/20	L	27-24	at Kansas City	33,152
11/28	W	35-27	L.A. Raiders	62,641
12/04	L	13-7	at New England	59,068
12/11	W	42-14	Denver	62,839
12/18	W	43-37	at L.A. Raiders	61,127
POSTSEASON				
12/31	L	21-13	at Cincinnati (AFC Divisional Playoff)	58,560

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

By Quarters	1	2	3	4	OT	Tot
SEA	58	124	83	74	0	339
OPP	75	90	72	92	0	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2086	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

Record (Finish): 9-7 (1st, AFC West).

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.), Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (*SI*), ST Rufus Porter (*PFW, C&PFN*)

OFFENSE

Pos.		Starts
WR	Brian Blades*	7
	Ray Butler	5
LT	Ron Mattes	16
LG	Edwin Bailey	16
C	Blair Bush	14
RG	Bryan Millard	14
RT	Mike Wilson	16
TE	Mike Tice	16
WR	Steve Largent	15
QB	Dave Krieg	9
	Kelly Stouffer*	6
	Jeff Kemp	1
RB	Curt Warner	16
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	Patrick Hunter*	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

1988 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	290	293
Rushing	86	119
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

By Quarters	1	2	3	4	OT	Tot
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	27-27	15-25	0	72
Williams	7	1	6	0	0	0	0	42
Blades	5	0	5	0	0	0	0	30
Skansi	5	0	5	0	0	0	0	30
Warner	4	3	1	0	0	0	0	24
SEA	28	5	21	2	28-28	15-25	0	241
OPP	37	11	23	3	35-37	22-32	2	327

Rushing	Att	Yds	Avg	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Kickoff Returns	No	Yds	Avg	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (64-47, .577)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: WR Steve Largent

MVP: WR Brian Blades

Pro Bowl: WR Brian Blades (1), QB Dave Krieg (3), ST Rufus Porter (2)

National Honors: None

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Brian Blades	14
LT	Andy Heck*	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Robert Tyler*	9
	Travis McNeal*	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Tony Woods	12
	Rufus Porter	3
LILB	Darren Comeaux	13
	Brian Bosworth	2
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

1989 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at San Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

By Quarters	1	2	3	4	OT	Tot
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Record (Finish): 9-7 (3rd, AFC West)

Head Coach: Chuck Knox (73-54, .575)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: DE Jacob Green

MVP: FB John L. Williams

Pro Bowl: FB John L. Williams (1)

National Honors: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Andy Heck	16
LG	Edwin Bailey	11
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Ronnie Lee	9
	Ron Mattes	7
TE	Travis McNeal	14
WR	Brian Blades	16
QB	Dave Krieg	16
RB	Derrick Fenner	15
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Joe Nash	16
RT	Jeff Bryant	14
	Cortez Kennedy*	2
RE	Tony Woods	15
LLB	Terry Wooden*	8
MLB	Darren Comeaux	8
	Dave Wyman	8
RLB	Rufus Porter	12
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Nesby Glasgow	13
	Robert Blackmon*	3
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Rick Donnelly	16

* Rookie or first-year player

1990 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

* Wild Card

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NET YARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NET YARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NET YARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61t	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59t	1
SEA	38	20	325	8.6	59t	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (80-63, .559)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: LB Rufus Porter

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)

National Honors: None

First-Team All-NFL: CB Dwayne Harper (*SI*), FS Eugene Robinson (*SI*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	Dan McGwire*	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay*	16
P	Rick Tuten	10

* Rookie or first-year player

1991 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att
09/06	L	21-3	Cincinnati	57,350
09/13	L	26-7	at Kansas City	75,125
09/20	W	10-6	at New England	42,327
09/27	L	19-17	Miami	59,374
10/04	L	17-6	at San Diego	36,783
10/11	L	27-0	at Dallas	62,311
10/18	L	19-0	L.A. Raiders	56,904
10/25	L	23-10	at N.Y. Giants	67,399
11/01			BYE	
11/08	L	16-3	Washington	53,616
11/15	L	20-3	at L.A. Raiders	46,862
11/22	L	24-14	Kansas City	49,867
11/30	W	16-13	Denver (OT)	51,612
12/06	L	20-14	at Pittsburgh	47,015
12/13	L	20-17	Philadelphia (OT)	47,492
12/20	L	10-6	at Denver	72,570
12/27	L	31-14	San Diego	49,324

Team Statistics	Seattle	Opp
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att.	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att.	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	38.7	36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

By Quarters	1	2	3	4	OT	Tot
SEA	20	53	34	30	3	140
OPP	63	87	74	85	3	312

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

Rushing	Att	Yds	Avg	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

Receiving	No	Yds	Avg	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

Record (Finish): 2-14 (5th, AFC West)

Head Coach: Tom Flores (2-14, .125)

Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), RB James Jones (Sp. Teams)

Largent Award: DE Jeff Bryant and DT Joe Nash

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (2), FS Eugene Robinson (1)

National Honors: DT Cortez Kennedy, NFL Defensive Player of the Year (*AP, PFW/PFWA, C&PFN*)

All-NFL: DT Cortez Kennedy (*AP, SI, SN, USAT, PFW/PFWA, C&PFN, NEA*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Ray Roberts*	16
LG	Andy Heck	13
C	Joe Tofflemire	16
RG	Darrick Brilz	16
RT	Bill Hitchcock	11
TE	Ron Heller	11
WR	Louis Clark	10
	Brian Blades	5
QB	Stan Gelbaugh	8
	Kelly Stouffer	7
	Dan McGwire	1
RB	Chris Warren	16
FB	John L. Williams	16

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Tony Woods	15
LLB	Terry Wooden	8
	Joe Cain	8
MLB	Dave Wyman	11
RLB	Rufus Porter	16
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Robert Blackmon	15
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1992 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
L.A. Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

* Wild Card

1993 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

By Quarters	1	2	3	4	OT	Tot
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: S Eugene Robinson

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (*NFLPA, FBD*)

All-NFL: DT Cortez Kennedy (*AP, SI*), FS Eugene Robinson (*PFWA/PFW,* Films, *USA TODAY*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	Rick Mirer*	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1993 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	San Diego*	65,536
09/25	W	30-13	Pittsburgh*	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	Denver*	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

By Quarters	1	2	3	4	OT	Tot
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 1-1; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (14-34, .292)

Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: C Ray Donaldson (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: WR Brian Blades

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

All-NFL: DT Cortez Kennedy (*AP, SI, CPFN*), P Rick Tuten (*SI*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	Kevin Mawae*	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	Sam Adams*	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1994 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	N.Y. Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	N.Y. Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

By Quarters	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2. OPP 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/ TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE Trey Junkin (Sp. Teams)

Largent Award: LB Terry Wooden

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	Joey Galloway*	16
LT	James Atkins	16
LG	Matt Joyce*	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	Christian Fauria*	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1995 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6. OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)

Largent Award: DT Cortez Kennedy

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (6), DE Michael Sinclair (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	James Atkins	16
LG	Pete Kendall*	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1996 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
08/31	L	41-3	N.Y. Jets	53,893
09/07	L	35-14	Denver	55,859
09/14	W	31-3	at Indianapolis	49,194
09/21	W	26-22	San Diego	51,110
09/28	L	20-17	at Kansas City (OT)	77,877
10/05	W	16-13	Tennessee	49,897
10/12			BYE	
10/19	W	17-9	at St. Louis	64,819
10/26	W	45-34	Oakland	66,264
11/02	L	30-27	at Denver	74,212
11/09	W	37-31	at San Diego	64,616
11/16	L	20-17	at New Orleans (OT)	50,493
11/23	L	19-14	Kansas City	66,264
11/30	L	24-17	Atlanta	52,584
12/07	L	31-24	at Baltimore	54,395
12/14	W	22-21	at Oakland	40,124
12/21	W	38-9	San Francisco	66,253

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

By Quarters	1	2	3	4	OT	Tot
SEA	44	126	92	103	0	365
OPP	101	111	93	51	6	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (23-25, .479)

Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)

Largent Award: LB Winston Moss

MVP: FS Darryl Williams

Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	15
LT	Walter Jones*	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	Warren Moon	14
	John Friesz	1
	Jon Kitna*	1
RB	Chris Warren	13
FB	Mack Strong	9

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Dan Saleaumua	9
	Cortez Kennedy	8
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs*	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

1997 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

* Wild Card

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/06	W	38-0	at Philadelphia	66,418
09/13	W	33-14	Arizona	57,678
09/20	W	24-14	Washington	63,336
09/27	L	13-10	at Pittsburgh	58,413
10/04	L	17-6	at Kansas City	66,418
10/11	L	21-16	Denver	66,258
10/18			BYE	
10/25	W	27-20	at San Diego	58,512
11/01	L	31-18	Oakland	66,246
11/08	W	24-12	Kansas City	66,251
11/15	L	20-17	at Oakland	51,527
11/22	L	30-22	at Dallas	64,142
11/29	W	20-18	Tennessee	59,048
12/06	L	32-31	at N.Y. Jets	72,200
12/13	W	38-17	San Diego	62,690
12/20	W	27-23	Indianapolis	58,703
12/27	L	28-21	at Denver	74,057

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

By Quarters	1	2	3	4	OT	Tot
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

Largent Award: DE Michael Sinclair

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), DT Cortez Kennedy (7)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	8
	Chris Gray	8
RG	Brian Habib	16
RT	Howard Ballard	16
TE	Christian Fauria	15
WR	Mike Pritchard	16
	Brian Blades	6
QB	Warren Moon	10
	Jon Kitna	5
	John Friesz	1
RB	Ricky Watters	16
FB	Mack Strong	6

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	11
RT	Cortez Kennedy	15
RE	Phillip Daniels	15
OLB	Chad Brown	16
MLB	Dean Wells	7
	DeShone Myles*	7
OLB	Darrin Smith	10
	Anthony Simmons*	4
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Jay Bellamy	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

1998 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	L	28-20	Detroit	66,238
09/19	W	14-13	at Chicago	66,944
09/26	W	29-10	at Pittsburgh	57,881
10/03	W	22-21	Oakland	66,400
10/10			BYE	
10/17	L	13-10	at San Diego	59,432
10/24	W	26-16	Buffalo	66,301
11/01	W	27-7	at Green Bay	59,869
11/07	W	37-20	Cincinnati	66,303
11/14	W	20-17	Denver	66,314
11/21	W	31-19	at Kansas City	78,714
11/28	L	16-3	Tampa Bay	66,314
12/05	L	30-21	at Oakland	44,716
12/12	L	19-16	San Diego	66,318
12/19	L	36-30	at Denver (OT)	65,987
12/26	W	23-14	Kansas City	66,332
01/02	L	19-9	at New York Jets	78,154

POSTSEASON

01/09	L	20-17	Miami (AFC Wild Card Game)	66,170

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

By Quarters	1	2	3	4	OT	Tot
SEA	86	104	70	78	0	338
OPP	53	109	59	71	6	298

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Record (finish): 9-7 (1st, AFC West)
Head Coach: Mike Holmgren (9-7, .563)
Assistants: Mike Sherman (Offensive Coordinator/ Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)
Captains: Game-to-Game
Largent Award: LB Chad Brown
MVP: LB Chad Brown
Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

1999 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/03	L	23-0	at Miami	72,949
09/10	L	37-34	St. Louis	64,869
09/17	W	20-10	New Orleans	59,513
09/24	W	20-12	at San Diego	47,233
10/02	L	24-17	at Kansas City	82,893
10/08	L	26-3	at Carolina	72,192
10/15	L	37-24	Indianapolis	63,593
10/22	L	31-3	at Oakland	57,490
10/29	L	24-19	Kansas City	62,141
11/05	W	17-15	San Diego	59,884
11/12	W	28-21	at Jacksonville	68,063
11/19			BYE	
11/26	L	38-31	Denver	68,661
12/03	W	30-10	at Atlanta	44,680
12/10	L	31-24	at Denver	75,218
12/16	W	27-24	Oakland	68,681
12/23	L	42-23	Buffalo	61,025

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Lindell	0	0	0	0	25/25	15/17	0	70
Watters	9	7	2	0	0	0	0	54
Jackson	6	0	6	0	0	0	0	36
Dawkins	5	0	5	0	0	0	0	30
Heppner,TM	0	0	0	0	8/8	6/9	0	26
SEA	37	10	21	6	33/33	21/26	1	320
OPP	46	20	23	3	45/45	28/33	0	405

2-Point PATs: SEA 0-4. OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0
OPP	21	191	9.1	79t	2	

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner, TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

Largent Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	Darrell Jackson*	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Rian Lindell*	12
P	Jeff Feagles	16

* Rookie or first-year player

2000 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	W	9-6	at Cleveland	72,318
09/23	L	27-3	Philadelphia	62,826
09/30	L	38-14	at Oakland	54,629
10/07	W	24-15	Jacksonville	54,524
10/14	W	34-21	Denver	61,837
10/21			BYE	
10/28	L	24-20	Miami	59,108
11/04	L	27-14	at Washington	82,352
11/11	W	34-27	Oakland	67,231
11/18	W	23-20	at Buffalo	60,836
11/25	L	19-7	at Kansas City	77,357
12/02	W	13-10	San Diego (OT)	55,466
12/09	L	20-7	at Denver	74,524
12/16	W	29-3	Dallas	63,366
12/23	L	27-24	at N.Y. Giants	78,119
12/30	W	25-22	at San Diego	51,412
01/06	W	21-18	Kansas City	58,460

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	16	14	2	0	0	0	0	96
Lindell	0	0	0	0	33/33	20/32	0	93
Jackson	8	0	8	0	0	0	0	48
Mili	2	0	2	0	0	0	0	12
8 w/ one	8	1	3	4	0	0	0	48
SEA	34	15	15	4	33/33	20/32	1	301
OPP	34	9	20	5	31/31	29/36	0	324

2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

Record (finish): 9-7 (2nd, AFC West)
Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.		Starts
WR	Koren Robinson*	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

2001 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/08	L	31-17	at Oakland	53,260
09/15	L	24-13	Arizona	63,104
09/22	L	9-6	at N.Y. Giants	78,551
09/29	W	48-23	Minnesota	65,212
10/06			BYE	
10/14	L	28-21	San Francisco	66,420
10/20	L	37-20	at St. Louis	65,931
10/27	W	17-14	at Dallas	63,854
11/03	L	14-3	Washington	64,325
11/10	W	27-6	at Arizona	29,252
11/17	L	31-9	Denver	65,495
11/24	W	39-32	Kansas City	56,250
12/01	L	31-24	at San Francisco	67,594
12/08	L	27-20	Philadelphia	59,862
12/15	W	30-24	at Atlanta (OT)	69,551
12/22	W	30-10	St. Louis	63,953
12/29	W	31-28	at San Diego (OT)	52,159

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	18	16	2	0	0	0	0	108
Lindell	0	0	0	0	38/38	23/29	0	107
Robinson	5	0	5	0	0	0	0	30
Jackson	4	0	4	0	0	0	0	24
Stevens	3	0	3	0	0	0	0	18
SEA	41	17	19	5	38/38	23/29	0	355
OPP	43	18	21	4	39/39	22/26	0	369

2-Point PATs: SEA 1-2. OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	295	1175	4.0	58t	16
Hasselbeck	40	202	5.1	21	1
Morris	32	153	4.8	24	0
Strong	23	94	4.1	9	0
Evans	17	53	3.1	8	0
Robinson	8	56	7.0	20	0
SEA	430	1740	4.0	58t	17
OPP	500	2441	4.9	58t	18

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
6 players with	1				
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

Record (finish): 7-9 (3rd, NFC West)
Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.		Starts
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Floyd Womack (2 @ LT)	8
	Chris Terry	5
TE	Itula Mili	12
WR	Darrell Jackson	13
QB	Matt Hasselbeck	10
	Trent Dilfer	6
RB	Shaun Alexander	16
FB	Mack Strong	12

DEFENSE

LE	Lamar King	12
LT	Chad Eaton	16
RT	John Randle	12
RE	Antonio Cochran	16
OLB	Chad Brown	8
	Tim Terry	8
MLB	Isaiah Kacyvenski	9
	Orlando Huff	7
OLB	Marcus Bell	9
	Anthony Simmons	7
LCB	Shawn Springs	15
RCB	Ken Lucas	16
SS	Reggie Tongue	16
FS	Marcus Robertson	15

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

2002 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/07	W	27-10	New Orleans	52,250
09/14	W	38- 0	at Arizona	23,127
09/21	W	24-23	St. Louis	65,841
09/28			BYE	
10/05	L	35-13	at Green Bay	70,365
10/12	W	20-19	San Francisco	66,437
10/19	W	24-17	Chicago	65,671
10/26	L	27-24	at Cincinnati	52,131
11/02	W	23-16	Pittsburgh	66,507
11/09	L	27-20	at Washington	80,728
11/16	W	35-14	Detroit	65,865
11/23	L	44-41	at Baltimore (OT)	69,477
11/30	W	34-7	Cleveland	64,680
12/07	L	34-7	at Minnesota	63,968
12/14	L	27-22	at St. Louis	66,152
12/21	W	28-10	Arizona	64,899
12/27	W	24-17	at San Francisco	67,840
POSTSEASON				
01/04	L	33-27	at Green Bay (OT) (NFC Wild Card Game)	71,457

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0	0	0	0	96
Jackson	9	0	9	0	0	0	0	54
Engram	7	0	6	1	0	0	0	42
K. Robinson	5	0	4	1	0	0	0	30
Mili	4	0	4	0	0	0	0	24
SEA	48	17	27	4	48/48	22/30	1	404
OPP	36	9	24	3	34/35	25/31	0	327

2-Point PATs: SEA 0-0. OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
7 players with	1				
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
SEA	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
SEA	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/ 0	5/ 5	10/11	6/11	1/3
SEA	0/ 0	5/ 5	10/11	6/11	1/3
OPP	0/ 0	5/ 6	12/15	7/ 8	1/2

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.55	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

Record (finish): 10-6 (2nd, NFC West)
Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Cond.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5 @ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

2003 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

* Wild Card

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	21-7	at New Orleans	64,900
09/19	W	10-6	at Tampa Bay	65,089
09/26	W	34-0	San Francisco	66,709
10/03			BYE	
10/10	L	33-27	St. Louis (OT)	66,940
10/17	L	30-20	at New England	68,756
10/24	L	25-17	at Arizona	35,695
10/31	W	23-17	Carolina	66,214
11/07	W	42-27	at San Francisco	64,423
11/14	L	23-12	at St. Louis	66,044
11/21	W	24-17	Miami	66,644
11/28	L	38-9	Buffalo	66,271
12/06	L	43-39	Dallas	68,093
12/12	W	27-23	at Minnesota	64,110
12/19	L	37-14	at New York Jets	77,894
12/26	W	24-21	Arizona	65,825
01/02	W	28-26	Atlanta	66,740

POSTSEASON

01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	20	16	4	0	0	0	0	120
J. Brown	0	0	0	0	40/40	23/25	0	109
Jackson	7	0	7	0	0	0	0	44
Stevens	3	0	3	0	0	0	0	20
Rice	3	0	3	0	0	0	0	18
Engram	2	0	2	0	0	0	0	12
SEA	43	17	23	3	40/40	23/25	0	371
OPP	42	17	24	1	38/39	27/32	1	373

2-Point Conversions: SEA 2-3, OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Interceptions	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

Record (finish): 9-7 (1st, NFC West)
Head Coach: Mike Holmgren (50-46, .521)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, LB Anthony Simmons

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

2004 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

* Wild Card

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/11	L	26-14	at Jacksonville	65,204
09/18	W	21-18	Atlanta	66,030
09/25	W	37-12	Arizona	64,843
10/02	L	20-17	at Washington (OT)	90,215
10/09	W	37-31	at St. Louis	65,707
10/16	W	42-10	Houston	66,196
10/23	W	13-10	Dallas	67,046
10/30			BYE	
11/06	W	33-19	at Arizona	43,542
11/13	W	31-16	St. Louis	67,192
11/20	W	27-25	at San Francisco	63,590
11/27	W	24-21	N.Y. Giants (OT)	67,102
12/05	W	42-0	at Philadelphia	67,637
12/11	W	41-3	San Francisco	66,690
12/18	W	28-24	at Tennessee	69,149
12/24	W	28-13	Indianapolis	67,855
01/01	L	23-17	at Green Bay	69,928
POSTSEASON				
01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
02/05	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

By Quarters	1	2	3	4	OT	Tot
SEA	93	148	121	87	3	452
OPP	44	80	83	61	3	271

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

2-Point Conversions: SEA 0-0, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

Record (finish): 13-3 (1st, NFC West)

Head Coach: Mike Holmgren (63-49, .563)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Off. Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevicius	11
	Darrell Jackson	6
	Peter Warrick	5
LT	Walter Jones	15
	Sean Locklear	1
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Sean Locklear	15
TE	Jerramy Stevens	12
	Ryan Hannam	5
QB	Matt Hasselbeck	16
RB	Shaun Alexander	16
FB	Mack Strong	7

DEFENSE

LE	Bryce Fisher	15
LT	Chuck Darby	14
	Rocky Bernard	2
RT	Marcus Tubbs	11
	Rocky Bernard	5
RE	Grant Wistrom	16
OLB	Jamie Sharper	8
	Leroy Hill*	9
MLB	Lofa Tatupu*	16
OLB	D.D. Lewis	12
	Kevin Bentley	3
LCB	Kelly Herndon	6
	Andre Dyson	5
	Jordan Babineaux	4
RCB	Marcus Trufant	15
SS	Michael Boulware	16
FS	Marquand Manuel	11
	Ken Hamlin	6

SPECIAL TEAMS

P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

2005 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/10	W	9-6	at Detroit	60,535
09/17	W	21-10	Arizona	67,470
09/24	W	42-30	N.Y. Giants	68,161
10/01	L	37-6	at Chicago	62,225
10/08			BYE	
10/15	W	30-28	at St. Louis	65,592
10/22	L	31-13	Minnesota	68,118
10/29	L	35-28	at Kansas City	77,645
11/06	W	16-0	Oakland	67,816
11/12	W	24-22	St. Louis	68,175
11/19	L	20-14	at San Francisco	68,367
11/27	W	34-24	Green Bay	68,256
12/03	W	23-20	at Denver	76,146
12/10	L	27-21	at Arizona	63,603
12/14	L	24-14	San Francisco	67,650
12/24	L	20-17	San Diego	68,174
12/31	W	23-7	at Tampa Bay	65,660

POSTSEASON

01/06	W	21-20	Dallas (NFC Wild Card Game)	68,058
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

By Quarters	1	2	3	4	OT	Tot
SEA	103	73	52	107	0	335
OPP	67	104	54	116	0	341

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Engram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	84	3778	45.0	37.3	15	25	72	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

Record (finish): 9-7 (1st, NFC West)
Head Coach: Mike Holmgren (72-56, .563)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./ Secondary), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
LG	Floyd Womack	8
	Chris Spencer	5
	Rob Sims*	3
C	Robbie Tobeck	8
	Chris Spencer	8
RG	Chris Gray	15
	Floyd Womack	1
RT	Sean Locklear	10
	Tom Ashworth	6
TE	Jerramy Stevens	6
	Itula Mili	2
QB	Matt Hasselbeck	12
	Seneca Wallace	
RB	Shaun Alexander	10
	Maurice Morris	8
FB	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
LT	Chuck Darby	14
	Marcus Tubbs	2
RT	Rocky Bernard	16
RE	Grant Wistrom	16
OLB	Leroy Hill	15
	D.D. Lewis	1
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Kelly Herndon	16
RCB	Marcus Trufant	15
	Kelly Jennings*	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

2006 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	W	20-6	Tampa Bay	68,044
09/16	L	23-20	at Arizona	64,542
09/23	W	24-21	Cincinnati	68,110
09/30	W	23-3	at San Francisco	67,651
10/07	L	21-0	at Pittsburgh	64,478
10/14	L	28-17	New Orleans	68,296
10/21	W	33-6	St. Louis	68,164
10/28			BYE	
11/04	L	33-30	at Cleveland (OT)	72,927
11/12	W	24-0	San Francisco	68,331
11/18	W	30-23	Chicago	68,249
11/25	W	24-19	at St. Louis	65,423
12/02	W	28-24	at Philadelphia	68,445
12/09	W	42-21	Arizona	68,193
12/16	L	13-10	at Carolina	73,421
12/23	W	27-6	Baltimore	68,164
12/30	L	44-41	at Atlanta	64,925
POSTSEASON				
01/05	W	35-14	Washington (NFC Wild Card Game)	68,297
01/12	L	42-20	at Green Bay (NFC Divisional Playoff)	72,168

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	323	278
Rushing	93	78
Passing	211	183
Penalty	19	17
3rd Down: Made/Att.	75/214	88/232
3rd Down Pct.	35.0	37.9
4th Down: Made/Att.	6/14	5/17
4th Down Pct.	42.9	29.4
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5583	5149
Avg. Per Game	348.9	321.8
Total Plays	1056	1035
Avg. Per Play	5.3	5.0
NET YARDS RUSHING	1619	1644
Avg. Per Game	101.2	102.8
Total Rushes	430	422
NET YARDS PASSING	3964	3505
Avg. Per Game	247.8	219.1
Sacked/Yards Lost	36/217	45/303
Gross Yards	4181	3808
Att./Completions	590/371	568/333
Completion Pct.	62.9	58.6
Had Intercepted	13	20
PUNTS/AVERAGE	86/40.0	93/46.5
NET PUNTING AVG.	86/34.3	93/37.0
PENALTIES/YARDS	59/428	99/756
FUMBLES/BALL LOST	21/11	31/14
TOUCHDOWNS	44	32
Rushing	9	16
Passing	30	15
Defensive	2	1
Returns	3	0
FIELD GOALS	28/34	22/27
TOTAL POINTS	393	291

By Quarters	1	2	3	4	OT	Tot
SEA	76	136	73	108	0	393
OPP	62	95	39	92	3	291

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	43/43	28/34	0	127
Burleson	11	0	9	2			0	66
Engram	6	0	6	0			0	36
Alexander	5	4	1	0			0	30
Morris	5	4	1	0			0	30
Branch	4	0	4	0			0	24
SEA	44	9	30	5	43/43	28/34	1	393
OPP	32	16	15	1	27/28	22/27	2	291

2-Pt. Conversions: SEA 0-1, OPP 1-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	207	716	3.5	25	4
Morris	140	628	4.5	46	4
Weaver	33	146	4.4	37	1
Hasselbeck	39	89	2.3	12	0
Strong	4	19	4.8	9	0
SEA	430	1619	3.8	46	9
OPP	422	1644	3.9	53t	16

Receiving	No	Yds	Avg	LG	TD
Engram	94	1147	12.2	49	6
Burleson	50	694	13.9	45t	9
Branch	49	661	13.5	65	4
Weaver	39	313	8.0	46	0
Hackett	32	384	12.0	59	3
Pollard	28	273	9.8	22	2
Morris	23	213	9.3	34t	1
SEA	371	4181	11.3	65	30
OPP	333	3808	11.4	79t	15

Interceptions	No	Yds	Avg	LG	TD
Trufant	7	150	21.4	84t	1
Tatupu	4	116	29.0	49	0
Grant	3	34	11.3	34	0
Peterson	2	3	1.5	3	0
SEA	20	299	15.0	84t	1
OPP	13	144	11.1	35	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	86	3436	40.0	34.3	6	30	62	0
SEA	86	3436	40.0	34.3	6	30	62	0
OPP	93	4322	46.5	37.0	11	24	80	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	58	8	658	11.3	94t	1
SEA	58	8	658	11.3	94t	1
OPP	37	15	362	9.8	64	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	27	590	21.9	91t	1
SEA	53	1173	22.1	91t	2
OPP	73	1790	24.5	61	0

Field Goals	1-19	20-29	30-39	40-49	50+
Brown	0/0	12/12	5/5	8/12	3/5
TEAM	0/0	12/12	5/5	8/12	3/5
OPP	1/1	5/5	9/10	5/7	2/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	109	83	26	1.0	4	9	3	0
Trufant	85	78	7	0.0	7	16	0	0
Hill	81	58	23	3.0	0	4	3	1
Peterson	74	63	11	9.5	2	3	4	2
Grant	72	60	12	0.0	3	10	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	562	352	3966	62.6	7.06	28	5.0	12	2.1	65	33/204	91.4
S. Wallace	28	19	215	67.9	7.68	2	7.1	1	3.6	45t	3/13	99.6
TEAM	590	371	4181	62.9	7.09	30	5.1	13	2.2	65	36/217	91.8
OPP	568	333	3808	58.6	6.70	15	2.6	20	3.5	79t	45/303	73.0

Record (finish): 10-6 (1st, NFC West)

Head Coach: Mike Holmgren (82-62, .569)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Jim Mora (DBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

Largent Award: WR Bobby Engram

Pro Bowl: QB Matt Hasselbeck (3), T Walter Jones (8), DE Patrick Kerney (1, 2 overall), LB Julian Peterson (2, 4 overall), LB Lofa Tatupu (3), CB Marcus Trufant (1)

All-Pro: DE Patrick Kerney (1), LB Lofa Tatupu (1), T Walter Jones (5).

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Nate Burleson	12
	Deion Branch	11
	D.J. Hackett	6
LT	Walter Jones	15
	Floyd Womack	1
LG	Rob Sims	16
C	Chris Spencer	16
RG	Chris Gray	16
RT	Sean Locklear	16
TE	Marcus Pollard	10
	Will Heller	6
QB	Matt Hasselbeck	16
RB	Shaun Alexander	11
	Maurice Morris	5
FB	Leonard Weaver	4
	Mack Strong	2

DEFENSE

LE	Patrick Kerney	16
LT	*Brandon Mebane	10
	Chuck Darby	6
RT	Rocky Bernard	14
	Craig Terrill	2
RE	Darryl Tapp	16
OLB	Leroy Hill	14
	Kevin Bentley	2
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	15
SS	Deon Grant	16
	Mike Green	1
FS	Brian Russell	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier	16

* Rookie or first-year player

2007 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-10	at Buffalo	71,194
09/14	L	33-30	San Francisco (OT)	67,951
09/21	W	37-13	St. Louis	68,012
09/28			BYE	
10/05	L	44-6	at N.Y. Giants	79,529
10/12	L	27-17	Green Bay	68,302
10/19	L	20-10	at Tampa Bay	64,811
10/26	W	34-13	at San Francisco	67,504
11/02	L	26-7	Philadelphia	68,055
11/09	L	21-19	at Miami	64,862
11/16	L	26-20	Arizona	67,616
11/23	L	20-17	Washington	67,771
11/27	L	34-9	at Dallas	63,253
12/07	L	24-21	New England	68,077
12/14	W	23-20	at St. Louis	56,123
12/21	W	13-3	N.Y. Jets	68,181
12/28	L	34-21	at Arizona	63,874

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
POSSESSION AVG.	26:30	33:30
TOTAL NET YARDS	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NET YARDS RUSHING	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NET YARDS PASSING	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
PUNTS/AVERAGE	90/44.5	68/44.3
NET PUNTING AVG.	90/36.9	68/38.2
PENALTIES/YARDS	79/601	81/671
FUMBLES/BALL LOST	20/12	26/11
TOUCHDOWNS	32	40
Rushing	10	13
Passing	18	25
Defensive	4	1
Returns	0	1
FIELD GOALS	24/27	37/41
TOTAL POINTS	294	392

By Quarters	1	2	3	4	OT	Tot
SEA	74	95	38	87	0	294
OPP	78	137	105	69	3	392

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
Five tied with 12								
SEA	32	10	18	4	30/30	24/27	0	294
OPP	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: SEA 0-2, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
J. Jones	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
SEA	417	1768	4.2	45	10
OPP	457	1899	4.2	51t	13

Receiving	No	Yds	Avg	LG	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
J. Jones	14	66	4.7	17	0
SEA	262	2831	10.8	90t	18
OPP	366	4342	11.9	63	25

Interceptions	No	Yds	Avg	LG	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35t	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
SEA	9	217	24.1	75t	2
OPP	15	233	15.5	86t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3557	45.6	37.9	12	22	63	1
SEA	90	4007	44.5	36.9	12	24	63	1
OPP	68	3009	44.3	38.2	3	20	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Forsett	23	9	227	9.9	29	0
SEA	35	17	353	10.1	30	0
OPP	44	8	444	10.1	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Wilson	69	1753	25.4	61	0
SEA	77	1948	25.3	61	0
OPP	47	1205	25.6	58	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPP	0/0	15/15	8/8	11/14	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

Record (finish): 4-12 (3rd, NFC West)
Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QBs), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL)

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis

Largent Award: Coach Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)

All-Pro: T Walter Jones (6).

OFFENSE

Pos.		Starts
WR	Koren Robinson	12
	Bobby Engram	11
	Deion Branch	8
LT	Walter Jones	12
LG	Mike Wahle	10
	Floyd Womack	6
C	Chris Spencer	11
	Steve Vallos	5
RG	Floyd Womack	8
	Mansfield Wrotto	4
RT	Sean Locklear	9
	Ray Willis	7
TE	John Carlson*	9
QB	Seneca Wallace	8
	Matt Hasselbeck	7
RB	Julius Jones	10
	Maurice Morris	6
FB	Leonard Weaver	6

DEFENSE

LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
RT	Rocky Bernard	15
RE	Lawrence Jackson*	14
OLB	Leroy Hill	12
MLB	Lofa Tatupu	15
OLB	Julian Peterson	15
LCB	Marcus Trufant	16
RCB	Josh Wilson	12
	Kelly Jennings	4
SS	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

2008 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

2009 REVIEW (5–11)

Date	W/L	Score	Opponents	Att
09/13	W	28-0	St. Louis	67,610
09/20	L	23-10	at San Francisco	69,732
09/27	L	29-25	Chicago	67,938
10/04	L	34-17	at Indianapolis	66,112
10/11	W	41-0	Jacksonville	67,228
10/18	L	27-3	Arizona	67,588
10/25			BYE	
11/01	L	38-17	at Dallas	80,886
11/08	W	32-20	Detroit	67,003
11/15	L	31-20	at Arizona	62,278
11/22	L	35-9	at Minnesota	63,854
11/29	W	27-17	at St. Louis	47,475
12/06	W	20-17	San Francisco	67,761
12/13	L	34-7	at Houston	70,380
12/20	L	24-7	Tampa Bay	67,011
12/27	L	48-10	at Green Bay	70,429
01/03	L	17-13	Tennessee	67,002

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	28/28	24/26	0	100
Carlson	7	0	7	0			0	42
Forsett	5	4	1	0			0	30
Jones	4	2	2	0			0	24
2 players with								18
SEA	30	7	20	3	28/28	24/26	0	280
OPP	46	17	27	2	44/44	22/31	0	390

2-Pt. Conversions: SEA 0-2, OPP 2-2.

Rushing	Att	Yds	Avg	LG	TD
Jones	177	663	3.7	62t	2
Forsett	114	619	5.4	35	4
James	46	125	2.7	10	0
Hasselbeck	26	119	4.6	23	0
SEA	395	1566	4.0	62t	7
OPP	428	1776	4.1	80t	17

Receiving	No	Yds	Avg	LG	TD
Houshmandzadeh	79	911	11.5	53	3
Burleson	63	812	12.9	44t	3
Carlson	51	574	11.3	42	7
Branch	45	437	9.7	35	2
Forsett	41	350	8.5	47	1
Jones	35	232	6.6	49	2
Griffith	19	118	6.2	25	1
SEA	372	3771	10.1	53	20
OPP	374	4112	11.0	64t	27

Interceptions	No	Yds	Avg	LG	TD
Hawthorne	3	9	3.0	5	0
Grant	3	7	2.3	7	0
Wilson	2	126	63.0	65t	2
Babineaux	2	18	9.0	18	0
Trufant	2	4	2.0	4	0
SEA	13	164	12.6	65t	2
OPP	19	202	10.6	70t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	88	4068	46.2	38.7	9	28	70	0
SEA	89	4100	46.1	38.7	9	29	70	0
OPP	82	3872	47.2	41.5	6	2	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	30	3	254	8.5	29	0
SEA	46	12	346	7.5	29	0
OPP	43	17	479	11.1	82t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rankin TM	16	358	22.4	41	0
SEA	60	1316	21.9	46	0
OPP	46	1059	23.0	53	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	9/9	10/11	5/6	0/0
TEAM	0/0	9/9	10/11	5/6	0/0
OPP	1/1	5/6	8/11	5/9	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	116	93	23	4.0	3	4	2	1
Babineaux	105	76	29	1.5	2	6	1	0
Grant	75	58	17	0.0	3	8	1	1
Curry	60	53	7	2.0	0	6	2	0
Mebane	49	41	8	1.5	0	0	0	0
Tapp	49	40	9	2.5	0	3	0	1
Trufant	49	43	6	0.0	2	6	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	488	293	3029	60.0	6.21	17	3.5	17	3.5	53	32/309	75.1
Wallace	120	78	700	65.0	5.83	3	2.5	2	1.7	39t	9/59	81.9
TEAM	609	372	3771	61.1	6.19	20	3.3	19	3.1	53	41/268	76.7
OPP	568	374	4112	65.8	7.24	27	4.8	13	2.3	64t	28/185	93.4

Record (finish): 5-11 (3rd, NFC West)
Head Coach: Jim Mora (5-11, .313)

Assistants: Jim Mora, Gus Bradley (Defensive Coord.), Greg Knapp (Offensive Coord.), Chris Beake (Off. Assistant), Mike Clark (Head Strength & Cond.), Mike DeBord (Tight Ends), Bruce DeHaven (Special Teams), Kasey Dunn (Running Backs), Tom Headlee (Quality Control/Defense), Darren Krein (Asst. Strength & Cond.), Bill Lazor (Quarterbacks), Tim Lewis (Defensive Backs), Larry Marmie (Asst. Def. Backs), Mike Phair (Asst. Def. Line), Robert Prince (Wide Receivers), Dan Quinn (Assistant Head Coach/Def. Line), Zerick Rollins (Linebackers), Mike Solari (Offensive Line).

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, K Olindo Mare.

Largent Award: Matt Hasselbeck

Pro Bowl: None

All-Pro: None

OFFENSE

Pos.		Starts
WR	T.J. Houshmandzadeh	16
	Nate Burleson	12
	Deion Branch	5
LT	Sean Locklear	10
	Brandon Frye	3
	Damion McIntosh	2
	Kyle Williams	1
LG	Rob Sims	14
C	Chris Spencer	11
RG	Max Unger* (3 at C)	13
	Chris Spencer	3
RT	Ray Willis	16
TE	John Carlson	16
QB	Matt Hasselbeck	14
RB	Julius Jones	14
FB	Justin Griffith	11

DEFENSE

LE	Patrick Kerney	9
	Lawrence Jackson	4
LT	Brandon Mebane	15
RT	Colin Cole	15
RE	Lawrence Jackson	6
	Patrick Kerney	5
OLB	Leroy Hill	11
MLB	David Hawthorne	11
	Lofa Tatupu	5
OLB	Aaron Curry*	13
LCB	Marcus Trufant	9
RCB	Josh Wilson	7
SS	Deon Grant	16
FS	Jordan Babineaux	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	16

* Rookie or first-year player

2009 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	10	6	0	.625	375	325
San Francisco	8	8	0	.500	330	281
Seattle	5	11	0	.313	280	390
St. Louis	1	15	0	.063	175	436

2010 REVIEW (7-9; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	31-6	San Francisco	67,044
09/19	L	31-14	at Denver	75,130
09/26	W	27-20	San Diego	67,106
10/03	L	20-3	at St. Louis	52,326
10/10			BYE	
10/17	W	23-20	at Chicago	62,137
10/24	W	22-10	Arizona	67,132
10/31	L	33-3	at Oakland	35,721
11/07	L	41-7	N.Y. Giants	67,287
11/14	W	36-18	at Arizona	61,904
11/21	L	34-19	at New Orleans	70,015
11/28	L	42-24	Kansas City	66,370
12/05	W	31-14	Carolina	66,577
12/12	L	40-21	at San Francisco	69,732
12/19	L	34-18	Atlanta	67,101
12/26	L	38-15	at Tampa Bay	46,576
01/02	W	16-6	St. Louis	67,325

POSTSEASON

1/8	W	41-36	New Orleans (NFC Wild Card Game)	66,336
1/16	L	35-24	at Chicago (NFC Divisional Playoff)	62,265

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
POSSESSION AVG.	27:33	32:27
TOTAL NET YARDS	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
NET YARDS RUSHING	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
NET YARDS PASSING	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
PUNTS/AVERAGE	78/41.7	81/43.5
NET PUNTING AVG.	78/37.3	81/36.0
PENALTIES/YARDS	101/890	91/706
FUMBLES/BALL LOST	18/11	22/10
TOUCHDOWNS	33	47
Rushing	13	13
Passing	14	31
Defensive	2	2
Returns	4	1
FIELD GOALS	25/30	25/30
TOTAL POINTS	310	407

By Quarters	1	2	3	4	OT	Tot
SEA	55	73	86	96	0	310
OPP	89	141	93	84	0	407

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	31/31	25/30	0	106
Lynch	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4		0	3			0	24
Forsett	2	2	0	0			0	12
Williams	2	0	2	0			0	12
SEA	33	13	14	6	31/31	25/30	1	310
OPP	47	13	31	3	44/44	25/30	1	407

2-Point Conversions: SEA 2-2, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
Robinson	12	77	6.4	17	0
SEA	385	1424	3.7	39	13
OPP	452	1903	4.2	53	13

Receiving	No	Yds	Avg	LG	TD
Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch TM	21	138	6.6	22	0
SEA	324	3536	10.9	87t	14
OPP	339	4240	12.5	69t	31

Interceptions	No	Yds	Avg	LG	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
5 players with	1				
SEA	12	168	14.0	34	2
OPP	20	261	13.1	39t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3254	41.7	37.3	1	27	63	0
Ryan	78	3254	41.7	37.3	1	27	63	0
OPP	81	3521	43.5	36.0	7	30	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	22	8	249	11.3	84	0
SEA	42	14	468	11.1	84	0
OPP	35	23	327	9.3	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	57	1461	25.6	101t	3
SEA	65	1558	24.0	101t	3
OPP	50	1099	22.0	79	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
SEA	2/2	10/12	7/7	5/7	1/2
OPP	0/0	14/15	8/8	3/6	0/1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	105	74	31	0	1	4	2	1
Milloy	88	61	27	4.0	0	3	1	0
Tatupu	88	58	30	1.0	1	8	2	0
Trufant	80	65	15	0	1	10	1	2
Thomas	71	60	11	0	5	7	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	444	266	3001	59.9	6.76	12	2.7	17	3.8	87t	29/175	73.2
Whitehurst	99	57	507	57.6	5.12	2	2.0	3	3.0	61	5/13	65.5
SEA	544	324	3536	59.6	6.50	14	2.6	20	3.7	87t	35/195	72.1
OPP	585	339	4240	57.9	7.25	31	5.3	12	2.1	69t	37/246	89.7

Record (finish): 7-9 (1st, NFC West)
Head Coach: Pete Carroll (7-9, .438)

Assistants: Jeremy Bates (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Jedd Fisch (Quarterbacks), Mondray Gee (Asst. Strength & Cond.), Jerry Gray (Defensive Backs), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Mike Phair (Defensive Asst.), Dan Quinn (Defensive Line), Kris Richard (Asst. Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Quality Control/Defense), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Art Valero (Offensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Matt Hasselbeck, CB Roy Lewis, LB Lofa Tatupu

Largent Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Mike Williams	14
	Deon Butler	7
	Ben Obomanu	6
LT	Russell Okung*	10
	Tyler Polumbus	5
LG	Ben Hamilton	6
	Mike Gibson	5
	Chester Pitts	4
C	Chris Spencer	16
RG	Stacy Andrews	12
RT	Sean Locklear	15
TE	John Carlson	13
QB	Matt Hasselbeck	14
RB	Marshawn Lynch	12
FB	Michael Robinson	4

DEFENSE

LE	Chris Clemons	16
LT	Brandon Mebane	12
RT	Colin Cole	11
RE	Kentwan Balmer	8
	Red Bryant	7
OLB	David Hawthorne	16
MLB	Lofa Tatupu	16
OLB	Aaron Curry	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	14
SS	Lawyer Milloy	16
FS	Earl Thomas*	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Olindo Mare	16
LS	Clint Gresham*	16

* Rookie or first-year player

2010 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

2011 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/11	L	33-17	at San Francisco	69,732
09/18	L	24-0	at Pittsburgh	63,663
09/25	W	13-10	Arizona	66,199
10/02	L	30-28	Atlanta	66,266
10/09	W	36-25	at N.Y. Giants	78,650
10/16			BYE	
10/23	L	6-3	at Cleveland	66,350
10/30	L	34-12	Cincinnati	66,004
11/06	L	23-13	at Dallas	81,510
11/13	W	22-17	Baltimore	66,522
11/20	W	24-7	at St. Louis	56,400
11/27	L	23-17	Washington	66,007
12/01	W	31-14	Philadelphia	67,039
12/12	W	30-13	St. Louis	66,577
12/18	W	38-14	at Chicago	61,542
12/24	L	19-17	San Francisco	66,697
01/01	L	23-20	at Arizona (OT)	61,798

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	310
Rushing	89	96
Passing	153	174
Penalty	23	40
3rd Down: Made/Att.	77/228	77/221
3rd Down Pct.	33.8	34.8
4th Down: Made/Att.	7/15	7/11
4th Down Pct.	46.7	63.6
POSSESSION AVG.	28:07	31:53
TOTAL NET YARDS	4860	5315
Avg. Per Game	303.8	332.2
Total Plays	1003	1049
Avg. Per Play	4.8	5.1
NET YARDS RUSHING	1756	1797
Avg. Per Game	109.8	112.3
Total Rushes	444	473
NET YARDS PASSING	3104	3518
Avg. Per Game	194.0	219.9
Sacked/Yards Lost	50/340	33/232
Gross Yards	3444	3750
Att./Completions	509/299	543/324
Completion Pct.	58.7	59.7
Had Intercepted	14	22
PUNTS/AVERAGE	95/46.6	81/44.6
NET PUNTING AVG.	95/39.3	81/37.7
PENALTIES/YARDS	138/1047	96/907
FUMBLES/BALL LOST	22/9	18/9
TOUCHDOWNS	35	33
Rushing	15	10
Passing	15	18
Defensive	4	2
Returns	1	3
FIELD GOALS	25/30	28/37
TOTAL POINTS	321	315

By Quarters	1	2	3	4	OT	Tot
SEA	61	58	90	112	0	321
OPP	62	103	40	107	3	315

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	34/34	25/30	0	109
Lynch	13	12	1	0			0	78
Baldwin	4	0	4	0			0	24
Tate	3	0	3	0			0	18
Browner	2	0	0	2			0	12
Obomanu	2	0	2	0			0	12
Rice	2	0	2	0			0	12
Robinson	2	0	1	1			0	12
SEA	35	15	15	5	34/34	25/30	1	321
OPP	33	10	18	5	31/32	28/37	0	315

2-Point Conversions: SEA 0-1, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	285	1204	4.2	47	12
Washington	53	248	4.7	48t	1
Forsett	46	145	3.2	22t	1
Jackson	40	108	2.7	13	1
SEA	444	1756	4.0	48t	15
OPP	473	1797	3.8	39	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	51	788	15.5	55t	4
Obomanu	37	436	11.8	55	2
Tate	35	382	10.9	33	3
Rice	32	484	15.1	52t	2
Lynch	28	212	7.6	26	1
SEA	299	3444	11.5	61t	15
OPP	324	3750	11.6	68t	18

Interceptions	No	Yds	Avg	LG	TD
Browner	6	220	36.7	94t	2
Sherman	4	45	11.3	33	0
Chancellor	4	27	6.8	9	0
Hawthorne	3	111	37.0	77t	1
SEA	22	462	21.0	94t	4
OPP	14	187	13.4	75t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	95	4431	46.6	39.3	8	34	77	0
SEA	95	4431	46.6	39.3	8	34	77	0
OPP	81	3616	44.6	37.7	5	18	66	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	16	464	11.3	37	0
SEA	42	16	464	11.0	37	0
OPP	47	20	541	11.5	63	2

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	43	1084	25.2	54	0
SEA	46	1142	24.8	54	0
OPP	48	1249	26.0	102t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	2/2	5/6	9/10	7/8	2/4
SEA	2/2	5/6	9/10	7/8	2/4
OPP	1/1	10/12	4/4	9/12	4/8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	115	72	43	2.0	3	6	0	1
Chancellor	94	73	21	1.0	4	12	1	1
Thomas	92	67	25	0	2	6	1	2
Hill	89	68	21	4.0	0	0	1	0
Wright	61	46	15	2.0	0	2	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Jackson	450	271	3091	60.2	6.87	14	3.1	13	2.9	61t	42/294	79.2
Whitehurst	56	27	298	48.2	5.32	1	1.8	1	1.8	38	8/46	62.9
SEA	509	299	3444	58.7	6.77	15	2.9	14	2.8	61t	50/340	77.6
OPP	543	324	3750	59.7	6.91	18	3.3	22	4.1	68t	33/232	74.8

Record (finish): 7-9 (3rd, NFC West)
Head Coach: Pete Carroll (14-18, .438)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs/CBs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Asst. Defensive Backs/S), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Tarvaris Jackson, CB Marcus Trufant, FB/ST Michael Robinson, RB/ST Leon Washington

Largent Award: DE Red Bryant

Pro Bowl: CB Brandon Browner, S Kam Chancellor, RB Marshawn Lynch, FB Michael Robinson, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Mike Williams	10
	Sidney Rice	9
	Ben Obomanu	7
LT	Russell Okung*	12
	Paul McQuistan	4
LG	Robert Gallery	12
	Paul McQuistan	3
C	Max Unger	15
RG	John Moffitt*	9
	Lemuel Jeanpierre	4
RT	James Carpenter*	8
	Breno Giacomini	8
TE	Zach Miller	15
QB	Tarvaris Jackson	14
RB	Marshawn Lynch	15
FB	Michael Robinson	5

DEFENSE

LE	Chris Clemons	16
LT	Alan Branch	15
RT	Brandon Mebane	16
RE	Red Bryant	16
OLB	Leroy Hill	16
MLB	David Hawthorne	14
OLB	K.J. Wright	14
LCB	Richard Sherman*	10
	Marcus Trufant	4
RCB	Brandon Browner	16
SS	Kam Chancellor	15
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2011 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

2012 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	L	20-16	at Arizona	60,032
09/16	W	27-7	Dallas	68,008
09/24	W	14-12	Green Bay	68,218
09/30	L	19-13	at St. Louis	53,193
10/07	W	16-12	at Carolina	72,676
10/14	W	24-23	New England	68,137
10/18	L	13-6	at San Francisco	69,732
10/28	L	28-24	at Detroit	63,497
11/04	W	30-20	Minnesota	67,584
11/11	W	28-7	N.Y. Jets	67,841
11/18			BYE	
11/25	L	24-21	at Miami	51,295
12/02	W	23-17	at Chicago (OT)	62,264
12/09	W	58-0	Arizona	67,685
12/16	W	50-17	at Buffalo (in Toronto)	40,770
12/23	W	42-13	San Francisco	68,161
12/30	W	20-13	St. Louis	67,936

POSTSEASON

1/6	W	24-14	at Washington (NFC Wild Card Game)	84,325
1/13	L	30-28	at Atlanta (NFC Divisional Playoff)	70,366

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	295
Rushing	129	80
Passing	153	186
Penalty	29	29
3rd Down: Made/Att.	80/199	76/198
3rd Down Pct.	40.2	38.4
4th Down: Made/Att.	11/18	3/10
4th Down Pct.	61.1	30.0
POSSESSION AVG.	31:36	28:24
TOTAL NET YARDS	5610	4899
Avg. Per Game	350.6	306.2
Total Plays	974	968
Avg. Per Play	5.8	5.1
NET YARDS RUSHING	2579	1649
Avg. Per Game	161.2	103.1
Total Rushes	536	368
NET YARDS PASSING	3031	3250
Avg. Per Game	189.4	203.1
Sacked/Yards Lost	33/203	36/247
Gross Yards	3234	3497
Att./Completions	405/259	564/327
Completion Pct.	64.0	58.0
Had Intercepted	10	18
PUNTS/AVERAGE	65/45.6	78/45.1
NET PUNTING AVG.	65/40.8	78/40.0
PENALTIES/YARDS	110/890	102/902
FUMBLES/BALL LOST	16/8	27/13
TOUCHDOWNS	49	25
Rushing	16	8
Passing	27	15
Defensive	5	2
Returns	1	0
FIELD GOALS	24/27	23/25
TOTAL POINTS	412	245

By Quarters	1	2	3	4	OT	Tot
SEA	98	122	87	99	6	412
OPP	51	84	42	68	0	245

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	46/48	24/27	0	118
Lynch	12	11	1	0			0	72
Rice	7	0	7	0			0	42
Tate	7	0	7	0			0	42
Wilson	4	4	0	0			0	24
Baldwin	3	0	3	0			0	18
McCoy	3	0	3	0			0	18
Miller	3	0	3	0			0	18
SEA	49	16	27	6	46/48	24/27	0	412
OPP	25	8	15	2	24/24	23/25	1	245

2-Point Conversions: SEA 0-0, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	315	1590	5.0	77t	11
Wilson	94	489	5.2	25t	4
Turbin	80	354	4.4	26	0
Washington	23	83	3.6	14	1
SEA	536	2579	4.8	77t	16
OPP	368	1649	4.5	74	8

Receiving	No	Yds	Avg	LG	TD
Rice	50	748	15.0	46t	7
Tate	45	688	15.3	51	7
Miller	38	396	10.4	30	3
Baldwin	29	366	12.6	50	3
SEA	259	3234	12.5	67	27
OPP	327	3497	10.7	56	15

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	57	7.1	29	1
Thomas	3	80	26.7	57t	1
Wagner	3	55	18.3	45	0
Browner	3	39	13.0	35	0
SEA	18	255	14.2	57t	2
OPP	10	115	11.5	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	65	2963	45.6	40.8	3	30	73	0
SEA	65	2963	45.6	40.8	3	30	73	0
OPP	78	3515	45.1	40.0	2	30	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	17	356	8.7	52	0
SEA	42	18	355	8.5	52	0
OPP	29	17	252	8.7	38	0

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	27	784	29.0	98t	1
SEA	29	787	27.1	98t	1
OPP	50	1147	22.9	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	1/1	7/7	10/10	5/5	1/4
SEA	1/1	7/7	10/10	5/5	1/4
OPP	0/0	6/7	8/8	5/5	4/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	140	86	54	2.0	3	4	0	0
Wright	96	66	30	1.0	1	5	1	0
Chancellor	91	69	22	0.0	0	5	1	1
Sherman	62	52	10	1.0	8	24	2	1
Thomas	61	39	22	0.0	3	9	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	393	252	3118	64.1	7.93	26	6.6	10	2.5	67	33/203	100.0
Flynn	9	5	68	55.6	7.56	0	0.0	0	0.0	27	0/0	79.9
SEA	405	259	3234	64.0	7.99	27	6.7	10	2.5	67	33/203	100.6
OPP	564	327	3497	58.0	6.20	15	2.7	18	3.2	56	36/247	71.8

Record (finish): 11-5 (2nd, NFC West)
Head Coach: Pete Carroll (25-23, .521)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Def. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: C Max Unger, DE Red Bryant, LB/ST Heath Farwell, FB/ST Michael Robinson

Largent Award: QB Russell Wilson

Pro Bowl: RB Marshawn Lynch, T Russell Okung, S Earl Thomas, C Max Unger, RS/RB Leon Washington, QB Russell Wilson

All-Pro: RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger

OFFENSE

Pos.		Starts
WR	Sidney Rice	16
	Golden Tate	15
LT	Russell Okung	15
LG	James Carpenter	7
	Paul McQuistan	7
	John Moffitt	2
C	Max Unger	16
RG	Paul McQuistan	9
	John Moffitt	4
	J.R. Sweezy*	3
RT	Breno Giacomini	16
TE	Zach Miller	15
QB	Russell Wilson*	16
RB	Marshawn Lynch	16
FB	Michael Robinson	6

DEFENSE

LE	Red Bryant	16
LT	Alan Branch	16
RT	Brandon Mebane	16
RE	Chris Clemons	16
OLB	Leroy Hill	12
	Malcolm Smith	3
MLB	Bobby Wagner*	15
OLB	K.J. Wright	15
LCB	Richard Sherman	16
RCB	Brandon Browner	12
	Jeremy Lane*	3
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2012 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

* Wild Card

2013 REVIEW (13-3; 3-0 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/08	W	12-7	at Carolina	73,294
09/15	W	29-3	San Francisco	68,338
09/22	W	45-17	Jacksonville	68,087
09/29	W	23-20	at Houston (OT)	71,756
10/06	L	34-28	at Indianapolis	66,608
10/13	W	20-13	Tennessee	68,127
10/17	W	34-22	at Arizona	61,200
10/28	W	14-9	at St. Louis	55,966
11/03	W	27-24	Tampa Bay (OT)	67,873
11/10	W	33-10	at Atlanta	70,309
11/17	W	41-20	Minnesota	68,235
11/24			BYE	
12/02	W	34-7	New Orleans	68,387
12/08	L	19-17	at San Francisco	69,732
12/15	W	23-0	at N.Y. Giants	79,691
12/22	L	17-10	Arizona	68,266
12/29	W	27-9	St. Louis	68,264
POSTSEASON				
1/11	W	23-15	New Orleans (NFC Divisional Playoff)	68,388
1/19	W	23-17	San Francisco (NFC Championship Game)	68,454
2/2	W	43-8	Denver (Super Bowl XLVIII)	82,529

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	307	282
Rushing	116	83
Passing	160	156
Penalty	31	43
3rd Down: Made/Att.	76/204	76/216
3rd Down Pct.	37.3	35.2
4th Down: Made/Att.	6/11	4/11
4th Down Pct.	54.5	36.4
POSSESSION AVG.	29:57	30:03
TOTAL NET YARDS	5424	4378
Avg. Per Game	339.0	273.6
Total Plays	973	990
Avg. Per Play	5.6	4.4
NET YARDS RUSHING	2188	1626
Avg. Per Game	136.8	101.6
Total Rushes	509	422
NET YARDS PASSING	3236	2752
Avg. Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att./Completions	420/267	524/309
Completion Pct.	63.6	59.0
Had Intercepted	9	28
PUNTS/AVERAGE	76/41.6	82/46.1
NET PUNTING AVG.	76/39.2	82/38.0
PENALTIES/YARDS	128/1183	98/879
FUMBLES/BALL LOST	26/10	26/11
TOUCHDOWNS	45	22
Rushing	14	4
Passing	27	16
Defensive	4	2
Returns	0	0
FIELD GOALS	33/35	26/27
TOTAL POINTS	417	231

By Quarters	1	2	3	4	OT	Tot
SEA	69	140	87	115	6	417
OPP	22	108	41	60	0	231

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	44/44	33/35	0	143
Lynch	14	12	2	0			0	84
Baldwin	5	0	5	0			0	30
Miller	5	0	5	0			0	30
Tate	5	0	5	0			0	30
Kearse	4	0	4	0			1	26
Rice	3	0	3	0			0	18
SEA	45	14	27	4	44/44	33/35	2	417
OPP	22	4	16	2	17/17	26/27	0	231

2-Point Conversions: SEA 0-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Lynch	301	1257	4.2	43	12
Wilson	96	539	5.6	27	1
Turbin	77	264	3.4	15	0
Michael	18	79	4.4	13	0
SEA	509	2188	4.3	43	14
OPP	422	1626	3.9	5.1	4

Receiving	No	Yds	Avg	LG	TD
Tate	64	898	14.0	80t	5
Baldwin	50	778	15.6	52	5
Lynch	36	316	8.8	55	2
Miller	33	387	11.7	60	5
Kearse	22	346	15.7	43t	4
SEA	267	3508	13.1	80t	27
OPP	309	3050	9.9	73t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	125	15.6	58t	1
Thomas	5	9	1.8	11	0
Maxwell	4	6	1.5	6	0
Chancellor	3	78	26.0	32	0
SEA	28	385	13.8	58t	3
OPP	9	21	2.3	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	74	3159	42.7	39.2	5	28	69	2
SEA	76	3159	41.6	39.2	5	28	69	2
OPP	82	3779	46.1	38.0	4	22	61	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Tate	51	14	585	11.5	71	0
SEA	52	14	579	11.1	71	0
OPP	21	30	82	3.9	32	0

Kickoff Returns	No	Yds	Avg	LG	TD
Kearse	13	283	21.8	40	0
SEA	33	698	21.2	58	0
OPP	44	1056	24.0	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/11	9/9	11/12	3/3
SEA	0/0	10/11	9/9	11/12	3/3
OPP	0/0	9/9	7/7	7/7	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	119	71	48	5.0	2	6	0	1
Thomas	100	75	25	0.0	5	8	2	0
Chancellor	93	61	32	0.0	3	6	1	0
Wright	80	46	34	1.5	0	4	0	1
McDaniel	52	23	29	2.0	0	1	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	407	257	3357	63.1	8.25	26	6.4	9	2.2	80t	44/272	101.2
Jackson	13	10	151	76.9	11.62	1	7.7	0	0.0	35t	0/0	140.2
SEA	420	267	3508	63.6	8.35	27	6.4	9	2.1	80t	44/272	102.4
OPP	524	309	3050	59.0	5.82	16	3.1	28	5.3	73t	44/298	63.4

Record (finish): 13-3 (1st, NFC West)

Head Coach: Pete Carroll (38-26, .594)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Off. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), John Glenn (Coaching Asst./ST), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, DE Red Bryant, LB/ST Heath Farwell

Largent Award: FS Earl Thomas

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger, QB Russell Wilson

All-Pro: S Kam Chancellor, CB Richard Sherman, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Golden Tate	13
	Doug Baldwin	10
	Sidney Rice	6
LT	Russell Okung	8
	Paul McQuistan	8
LG	James Carpenter	10
	Paul McQuistan	6
C	Max Unger	13
RG	J.R. Sweezy	15
RT	Breno Giacomini	9
	Michael Bowie*	7
TE	Zach Miller	11
QB	Russell Wilson	16
RB	Marshawn Lynch	16
FB	Michael Robinson	3

DEFENSE

LE	Red Bryant	15
LT	Tony McDaniel	15
RT	Brandon Mebane	16
RE	Chris Clemons	11
OLB	K.J. Wright	13
MLB	Bobby Wagner	14
OLB	Bruce Irvin	12
	Malcolm Smith	8
LCB	Richard Sherman	16
RCB	Brandon Browner	8
	Byron Maxwell	5
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2013 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.813	417	231
San Francisco*	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

* Wild Card

2014 REVIEW (12-4; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	36-16	Green Bay	68,424
09/14	L	30-21	at San Diego	67,916
09/21	W	26-20	Denver (OT)	68,447
09/28			BYE	
10/06	W	27-17	at Washington	79,522
10/12	L	30-23	Dallas	68,432
10/19	L	28-26	at St. Louis	57,855
10/26	W	13-9	at Carolina	74,042
11/02	W	30-24	Oakland	68,337
11/09	W	38-17	N.Y. Giants	68,352
11/16	L	24-20	at Kansas City	76,463
11/23	W	19-3	Arizona	68,327
11/27	W	19-3	at San Francisco	70,799
12/07	W	24-14	at Philadelphia	69,596
12/14	W	17-7	San Francisco	68,526
12/21	W	35-6	at Arizona	63,806
12/28	W	20-6	St. Louis	68,453
POSTSEASON				
1/10	W	31-17	Carolina (NFC Divisional Playoff)	68,524
1/18	W	28-22	Green Bay (OT) (NFC Championship Game)	68,538
2/1	L	28-24	New England (Super Bowl XLIX)	70,288

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att.	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att.	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
NET PUNTING AVG.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLES/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Defensive	3	2
Returns	0	0
FIELD GOALS	31/37	21/24
TOTAL POINTS	394	254

By Quarters	1	2	3	4	OT	Tot
SEA	67	117	82	122	6	394
OPP	57	87	43	67	0	254

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
SEA	43	20	20	3	41/41	31/37	1	394
OPP	27	8	17	2	25/25	21/24	1	254

2-Point Conversions: SEA 0-1, OPP 1-2.

Rushing	Att	Yds	Avg	LG	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
SEA	525	2762	5.3	79t	20
OPP	380	1304	3.4	47	8

Receiving	No	Yds	Avg	LG	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
SEA	287	3492	12.2	80t	20
OPP	313	3204	10.2	60t	17

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
SEA	13	319	24.5	53	2
OPP	7	138	19.7	73	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	61	2688	44.1	38.3	6	28	66	1
SEA	62	2688	43.4	38.3	6	28	66	1
OPP	83	3630	43.7	39.7	4	26	59	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Walters	27	23	207	7.7	21	0
SEA	36	28	252	7.0	38	0
OPP	17	22	195	11.5	90t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Richardson	16	376	23.5	47	0
SEA	39	820	21.0	47	0
OPP	43	1035	24.1	75	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
SEA	0/0	10/10	10/10	9/13	2/4
OPP	0/0	8/8	4/4	6/7	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	107	74	33	2.0	0	4	3	1
Wagner	104	67	37	2.0	0	3	0	0
Thomas	95	69	26	0	1	6	3	1
Chancellor	76	58	18	0	1	6	1	0
Sherman	57	45	12	0	4	8	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	452	285	3475	63.1	7.69	20	4.4	7	1.5	80t	42/242	95.0
SEA	454	287	3492	63.2	7.69	20	4.4	7	1.5	80t	42/242	95.1
OPP	507	313	3204	61.7	6.32	17	3.4	13	2.6	60t	37/234	80.4

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (50-30, .625)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Asst. WRs), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control-Def.), Will Harriger (Off. Asst.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Chris Morgan (Asst. Off. Line), Chad Morton (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, K/ST Steven Hauschka, P/ST Jon Ryan

Largent Award: S Kam Chancellor

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, T Russell Okung, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	14
LT	Russell Okung	14
LG	James Carpenter	13
C	Max Unger	6
	Patrick Lewis	4
	Lemuel Jeanpierre	3
	Stephen Schilling	3
RG	J.R. Sweezy	16
RT	Justin Britt*	16
TE	Luke Willson	10
QB	Russell Wilson	16
RB	Marshawn Lynch	14
FB	Will Tukuafu	2

DEFENSE

LE	Michael Bennett	16
LT	Tony McDaniel	15
RT	Brandon Mebane	9
	Kevin Williams	7
RE	Cliff Avril	16
OLB	K.J. Wright	13
MLB	Bobby Wagner	11
	K.J. Wright	3
OLB	Bruce Irvin	13
LCB	Richard Sherman	16
RCB	Byron Maxwell	12
	Tharold Simon	4
SS	Kam Chancellor	14
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2014 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	394	254
Arizona*	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

* Wild Card

2015 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	34-31	at St. Louis (OT)	51,792
09/20	L	27-17	at Green Bay	78,433
09/27	W	26- 0	Chicago	69,002
10/05	W	13-10	Detroit	69,005
10/11	L	27-24	at Cincinnati (OT)	65,004
10/18	L	27-23	Carolina	69,020
10/22	W	20- 3	at San Francisco	70,799
11/01	W	13-12	at Dallas	91,486
11/08			BYE	
11/15	L	39-32	Arizona	69,005
11/22	W	29-13	San Francisco	68,993
11/29	W	39-30	Pittsburgh	69,055
12/06	W	38- 7	at Minnesota	52,430
12/13	W	35- 6	at Baltimore	71,179
12/20	W	30-13	Cleveland	69,002
12/27	L	23-17	St. Louis	69,080
01/03	W	36- 6	at Arizona	64,646
POSTSEASON				
1/10	W	10-9	at Minnesota (NFC Wild Card Game)	52,090
1/17	L	31-24	at Carolina (NFC Divisional Playoff)	74,287

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	335	273
Rushing	128	71
Passing	190	175
Penalty	17	27
3rd Down: Made/Att	99/213	67/195
3rd Down Pct.	46.5	34.4
4th Down: Made/Att	8/9	1/7
4th Down Pct.	88.9	14.3
POSSESSION AVG.	31:40	28:20
TOTAL NET YARDS	6058	4668
Avg. Per Game	378.6	291.8
Total Plays	1036	947
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2268	1304
Avg. Per Game	141.8	81.5
Total Rushes	501	362
NET YARDS PASSING	3790	3364
Avg. Per Game	236.9	210.3
Sacked/Yards Lost	46/271	37/255
Gross Yards	4061	3619
Att./Completions	489/333	548/333
Completion Pct.	68.1	60.8
Had Intercepted	8	14
PUNTS/AVERAGE	68/45.7	87/45.0
NET PUNTING AVG.	68/37.9	87/38.9
PENALTIES/YARDS	117/1007	94/795
FUMBLES/BALL LOST	18/8	22/9
TOUCHDOWNS	49	28
Rushing	10	10
Passing	34	14
Defensive	3	3
Returns	2	2
FIELD GOALS	29/31	27/28
TOTAL POINTS	423	277

By Quarters	1	2	3	4	OT	Tot
SEA	77	128	111	107	0	423
OPP	40	91	49	91	6	277

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	40/44	29/31	0	127
Baldwin	14	0	14	0			0	84
Lockett	8	0	6	2			0	48
Kearse	5	0	5	0			0	30
Rawls	5	4	1	0			0	30
Lynch	3	3	0	0			0	20
SEA	49	10	34	5	40/44	29/31	0	423
OPP	28	10	14	4	22/25	27/28	1	277

2-Point Conversions: SEA 1-5, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Rawls	147	830	5.6	69t	4
Wilson	103	553	5.4	24	1
Lynch	111	417	3.8	24	3
Michael LG	54	243	4.5	45	0
SEA	501	2268	4.5	69t	10
OPP	362	1304	3.6	48t	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	78	1069	13.7	80t	14
Lockett	51	664	13.0	49t	6
Kearse	49	685	14.0	50	5
Graham	48	605	12.6	45	2
F. Jackson	32	257	8.0	26	2
SEA	333	4061	12.2	80t	34
OPP	333	3619	10.9	69t	14

Interceptions	No	Yds	Avg	LG	TD
E. Thomas	5	67	13.4	32	0
Lane	2	60	30.0	54	0
Sherman	2	30	15.0	26	0
Chancellor	2	6	3.0	6	0
SEA	14	205	14.6	54	0
OPP	8	50	6.3	24	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	68	3105	45.7	37.9	7	24	73	0
SEA	68	3105	45.7	37.9	7	24	73	0
OPP	87	3918	45.0	38.9	4	25	72	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	40	21	379	9.5	66	1
SEA	42	22	450	10.7	66	1
OPP	29	20	386	13.3	75t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	33	852	25.8	105t	1
SEA	34	868	25.5	105t	1
OPP	42	1073	25.5	101t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	9/9	7/7	7/9	6/6
SEA	0/0	9/9	7/7	7/9	6/6
OPP	1/1	7/7	10/10	7/7	2/3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	116	71	45	1.0	0	3	4	2
Wagner	114	67	47	0.5	0	7	2	3
Chancellor	74	44	30	0	2	4	1	0
Thomas	61	42	19	0	5	9	1	0
Bennett	52	33	19	10.0	0	0	2	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	483	329	4024	68.1	8.33	34	7.0	8	1.7	80t	45/265	110.1
SEA	489	333	4061	68.1	8.30	34	7.0	8	1.6	80t	46/271	109.8
OPP	548	333	3619	60.8	6.60	14	2.6	14	2.6	69t	37/255	78.1

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (60-36, .625)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Chris Cash (Asst. Sec./CBs), Andre Curtis (Asst. Sec./Ss), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control/Def.), Will Harriger (Asst. QBs/QC Off.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. ST), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: CB Richard Sherman

Pro Bowl: DE Michael Bennett, S Kam Chancellor, RS Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: RS Tyler Lockett, CB Richard Sherman, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	16
	Tyler Lockett*	8
LT	Russell Okung	13
LG	Justin Britt	16
C	Patrick Lewis	9
	Drew Nowak	7
RG	J.R. Sweezy	15
RT	Garry Gilliam	16
TE	Jimmy Graham	11
	Luke Willson	7
QB	Russell Wilson	16
RB	Thomas Rawls*	7
	Marshawn Lynch	6
FB	Derrick Coleman	3

DEFENSE

LE	Michael Bennett	16
LT	Ahtyba Rubin	16
RT	Brandon Mebane	15
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	15
OLB	Bruce Irvin	12
LCB	Richard Sherman	16
RCB	Cary Williams	10
	DeShawn Shead	6
SS	Kam Chancellor	11
	Kelcie McCray	3
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2015 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	13	3	0	.813	489	313
Seattle*	10	6	0	.625	423	277
St. Louis	7	9	0	.438	280	330
San Francisco	5	11	0	.313	238	387

* Wild Card

2016 REVIEW (10-5-1; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/11	W	12-10	Miami	69,012
09/18	L	9-3	at L.A. Rams	91,046
09/25	W	37-18	San Francisco	69,010
10/02	W	27-17	at New York Jets	78,160
10/09			BYE	
10/16	W	26-24	Atlanta	69,071
10/23	T	6-6	at Arizona (OT)	65,089
10/30	L	25-20	at New Orleans	73,188
11/07	W	31-25	Buffalo	69,084
11/13	W	31-24	at New England	66,829
11/20	W	26-15	Philadelphia	69,190
11/27	L	14-5	at Tampa Bay	63,674
12/04	W	40- 7	Carolina	69,104
12/11	L	38-10	at Green Bay	78,057
12/15	W	24- 3	L.A. Rams	69,067
12/24	L	34-31	Arizona	69,050
01/01	W	25-23	at San Francisco	70,178
POSTSEASON				
1/7	W	26-6	Detroit (NFC Wild Card Game)	68,788
1/14	L	36-20	at Atlanta (NFC Divisional Playoff)	71,155

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	313	307
Rushing	85	94
Passing	203	180
Penalty	25	33
3rd Down: Made/Att	79/207	82/212
3rd Down Pct.	38.2	38.7
4th Down: Made/Att	4/11	6/20
4th Down Pct.	36.4	30.0
POSSESSION AVG.	29:36	30:24
TOTAL NET YARDS	5715	5099
Avg. Per Game	357.2	318.7
Total Plays	1012	1020
Avg. Per Play	5.6	5.0
NET YARDS RUSHING	1591	1487
Avg. Per Game	99.4	92.9
Total Rushes	403	441
NET YARDS PASSING	4124	3612
Avg. Per Game	257.8	225.8
Sacked/Yards Lost	42/298	42/272
Gross Yards	4422	3884
Att./Completions	567/368	537/331
Completion Pct.	64.9	61.6
Had Intercepted	12	11
PUNTS/AVERAGE	72/43.4	79/43.0
NET PUNTING AVG.	72/39.3	79/38.4
PENALTIES/YARDS	117/970	103/925
FUMBLES/BALL LOST	22/6	19/8
TOUCHDOWNS	37	33
Rushing	13	16
Passing	23	16
Defensive	1	0
Returns	0	1
FIELD GOALS	33/37	19/27
TOTAL POINTS	354	292

By Quarters	1	2	3	4	OT	Tot
SEA	66	138	46	101	3	354
OPP	62	90	40	97	3	292

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	29/35	33/37	0	128
Baldwin	7	0	7	0			0	42
Michael TM	7	6	1	0			0	42
Graham	6	0	6	0			0	36
Rawls	3	3	0	0			0	18
Lockett	2	1	1	0			0	12
SEA	37	13	23	1	29/35	33/37	1	354
OPP	33	16	16	1	29/29	19/27	1	292

2-Point Conversions: SEA 1-2, OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Michael TM	117	469	4.0	41t	6
Rawls	109	349	3.2	45t	3
Wilson	72	259	3.6	18	1
SEA	403	1591	3.9	75t	13
OPP	441	1487	3.4	34	16

Receiving	No	Yds	Avg	LG	TD
Baldwin	94	1128	12.0	59	7
Graham	65	923	14.2	42	6
Lockett	41	597	14.6	57t	1
Kearse	41	510	12.4	36	1
Richardson	21	288	13.7	39	1
SEA	368	4422	12.0	59	23
OPP	331	3884	11.7	80t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	37	9.3	31	0
Chancellor	2	5	2.5	5	0
Thomas	2	5	2.5	5	0
SEA	11	72	6.5	31	0
OPP	12	153	12.8	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	71	3126	44.0	39.3	3	26	64	1
SEA	72	3126	43.4	39.3	3	26	64	1
OPP	79	3400	43.0	38.4	6	34	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	29	22	243	8.4	62	0
Hester LG	25	15	180	7.2	28	0
SEA	30	28	249	8.3	62	0
OPP	28	22	236	8.4	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	23	606	26.3	46	0
SEA	35	808	23.1	46	0
OPP	32	654	20.4	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	11/13	13/13	8/10	1/1
SEA	0/0	11/13	13/13	8/10	1/1
OPP	0/0	4/6	7/8	7/8	1/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	167	85	82	4.5	1	3	0	1
Wright	126	72	54	4.0	0	5	1	1
Chancellor	81	47	34	0	2	8	1	0
Shead	80	56	24	0	1	14	1	0
Sherman	58	38	20	0	4	13	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	546	353	4219	64.7	7.73	21	3.8	11	2.0	59	41/ 293	92.6
Boykin	18	13	145	72.2	8.06	1	5.6	1	5.6	31	1/5	91.2
SEA	567	368	4422	64.9	7.80	23	4.1	12	2.1	59	42/298	93.4
OPP	537	331	3884	61.6	7.23	16	3.0	11	2.0	80t	42/272	85.0

Record (finish): 10-5-1 (1st, NFC West)

Head Coach: Pete Carroll (70-41-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Heath Farwell (Coaching Asst.), Mondray Gee (Asst. Strength & Cond.), John Glenn (Defensive Asst.), Will Harriger (Asst. QBs), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. DBs/Asst. STs), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, P/ST Jon Ryan, CB/ST DeShawn Shead

Largent Award: S Kam Chancellor

Pro Bowl: DE Cliff Avril, WR Doug Baldwin, DE Michael Bennett, TE Jimmy Graham, CB Richard Sherman, LB Bobby Wagner, LB K.J. Wright

All-Pro: KOR Tyler Lockett, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	15
	Jermaine Kearse	15
	Tyler Lockett	9
LT	George Fant*	10
	Bradley Sowell	6
LG	Mark Glowinski	16
C	Justin Britt	15
RG	Germain Ifedi*	13
RT	Garry Gilliam	13
TE	Jimmy Graham	15
QB	Russell Wilson	16
RB	Thomas Rawls	7
	Christine Michael	7
FB	Will Tukuafu	1

DEFENSE

LE	Michael Bennett	11
	Frank Clark	5
LT	Ahtyba Rubin	16
RT	Tony McDaniel	10
	Jarran Reed*	6
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	M. Morgan/B. Coyle	3 each
LCB	Richard Sherman	16
RCB	DeShawn Shead	15
SS	Kam Chancellor	12
FS	Earl Thomas	11
	Steven Terrell	5

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Nolan Frese*	16

*Rookie or first-year player

2016 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	5	1	.656	354	292
Arizona	7	8	1	.469	418	362
L.A. Rams	4	12	0	.250	224	394
San Francisco	2	14	0	.125	309	480

2017 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/10	L	17-9	at Green Bay	78,381
09/17	W	12-9	San Francisco	68,729
09/24	L	33-27	at Tennessee	69,127
10/01	W	46-18	Indianapolis	68,872
10/08	W	16-10	at L.A. Rams	60,745
10/15			BYE	
10/22	W	24- 7	at N.Y. Giants	78,527
10/29	W	41-38	Houston	69,025
11/05	L	17-14	Washington	68,927
11/09	W	22-16	at Arizona	64,639
11/20	L	34-31	Atlanta	69,026
11/26	W	24-13	at San Francisco	70,134
12/03	W	24-10	Philadelphia	69,075
12/10	L	30-24	at Jacksonville	64,431
12/17	L	42-7	L.A. Rams	69,077
12/24	W	21-12	at Dallas	92,150
12/31	L	26-24	Arizona	69,078

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	316
Rushing	85	90
Passing	183	181
Penalty	31	45
3rd Down: Made/Att	79/212	85/222
3rd Down Pct.	37.3	38.3
4th Down: Made/Att	5/9	7/15
4th Down Pct.	55.6	46.7
POSSESSION AVG.	29:19	30:41
TOTAL NET YARDS	5286	5171
Avg. Per Game	330.4	323.2
Total Plays	1007	1045
Avg. Per Play	5.2	4.9
NET YARDS RUSHING	1629	1824
Avg. Per Game	101.8	114.0
Total Rushes	409	452
NET YARDS PASSING	3657	3347
Avg. Per Game	228.6	209.2
Sacked/Yards Lost	43/322	39/269
Gross Yards	3979	3616
Att./Completions	555/340	554/325
Completion Pct.	61.3	58.7
Had Intercepted	12	14
PUNTS/AVERAGE	92/45.0	85/44.5
NET PUNTING AVG.	92/38.8	85/40.7
PENALTIES/YARDS	148/1342	102/878
FUMBLES/BALL LOST	18/5	22/11
TOUCHDOWNS	43	34
Rushing	4	14
Passing	34	19
Returns	5	1
FIELD GOALS	21/29	31/35
TOTAL POINTS	366	332

By Quarters	1	2	3	4	OT	Tot
SEA	56	69	99	142	0	366
OPP	56	122	90	64	0	332

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Walsh	0	0	0	0	37/38	21/29	0	100
Graham	10	0	10	0			0	62
Baldwin	8	0	8	0			0	50
Richardson	6	0	6	0			0	36
Willson	4	0	4	0			0	24
Lockett	3	0	2	1			0	18
TEAM	43	4	34	5	37/38	21/29	2	366
OPP	34	14	19	1	31/33	31/35	2	332

2-Point Conversions: SEA 2-5, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Wilson	95	586	6.2	31	3
M. Davis	68	240	3.5	33	0
Carson	49	208	4.2	30	0
TEAM	409	1629	4.0	33	4
OPP	452	1824	4.0	75t	14

Receiving	No	Yds	Avg	LG	TD
Baldwin	75	991	13.2	54	8
Graham	57	520	9.1	33	10
Lockett	45	555	12.3	74t	2
P. Richardson	44	703	16.0	61t	6
McKissic	34	266	7.8	27t	2
TEAM	340	3979	11.7	74t	34
OPP	325	3616	11.1	75t	19

Interceptions	No	Yds	Avg	LG	TD
Thomas	2	97	48.5	78t	1
J. Coleman	2	58	29.0	30t	2
Sherman	2	20	10.0	19	0
Wagner	2	7	3.5	7	0
TEAM	14	212	15.1	78t	3
OPP	12	145	12.1	69	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	92	4141	45.0	38.8	6	29	74	0
TEAM	92	4141	45.0	38.8	6	29	74	0
OPP	85	3779	44.5	40.7	4	27	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	36	21	237	6.6	27	0
TEAM	36	21	237	6.6	27	0
OPP	45	19	452	10.0	72	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	37	949	25.6	99t	1
TEAM	43	1004	23.3	99t	1
OPP	39	790	20.3	55	0

Field Goals	1-19	20-29	30-39	40-49	50+
Walsh	0/0	6/6	7/10	8/12	0/1
TEAM	0/0	6/6	7/10	8/12	0/1
OPP	1/1	3/3	13/15	10/12	4/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	133	97	36	1.5	2	6	0	1
Wright	108	71	37	0	1	6	0	1
Thomas	88	56	32	0	2	7	1	0
McDougald	67	45	22	0	0	4	0	0
Griffin	58	50	8	1.0	1	15	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	553	339	3983	61.3	7.20	34	6.1	11	2.0	74t	43/322	95.4
TEAM	555	340	3979	61.3	7.17	34	6.1	12	2.2	74t	43/322	94.4
OPP	554	325	3616	58.7	6.53	19	3.4	14	2.5	75t	39/269	79.1

Record (finish): 9-7 (2nd, NFC West)

Head Coach: Pete Carroll (79-48-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (Asst. Head Coach/Def./LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Tom Donatell (QC/Def.), Heath Farwell (Asst. Special Teams), Mondray Gee (Asst. Strength & Cond.), John Glenn (Asst. LBs), Will Harriger (Asst. QBs), Clint Hurtt (DL), Lemuel Jeanpierre (Offensive Asst.), Travis Jones (Sr. Def. Asst.), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Carl Smith (Quarterbacks), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: LB Bobby Wagner

Pro Bowl: WR Doug Baldwin, DE Michael Bennett, T Duane Brown, TE Jimmy Graham, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: KR Tyler Lockett, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Paul Richardson	13
	Tyler Lockett	7
LT	Duane Brown	9
	Rees Odhiambo	7
LG	Luke Joeckel	11
	Ethan Pocic*	5
C	Justin Britt	16
RG	Oday Aboushi	8
	Ethan Pocic*	6
RT	Germain Ifedi	16
TE	Jimmy Graham	13
QB	Russell Wilson	16
RB	Mike Davis	6
	Chris Carson*	3

DEFENSE

LE	Michael Bennett	16
LT	Jarran Reed	15
RT	Sheldon Richardson	15
RE	Frank Clark	12
	Cliff Avril	4
OLB	K.J. Wright	15
MLB	Bobby Wagner	16
OLB	Michael Wilhoite	9
LCB	Richard Sherman	9
	Byron Maxwell	5
RCB	Shaquill Griffin*	11
SS	Kam Chancellor	9
	Bradley McDougald	7
FS	Earl Thomas	14

SPECIAL TEAMS

P	Jon Ryan	16
K	Blair Walsh	16
LS	Tyler Ott	16

*Rookie or first-year player

2017 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	478	329
Seattle	9	7	0	.563	366	332
Arizona	8	8	0	.500	295	361
San Francisco	6	10	0	.375	331	383

2018 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	L	27-24	at Denver	76,761
09/17	L	24-7	at Chicago	57,960
09/23	W	24-13	Dallas	69,047
09/30	W	20-17	at Arizona	61,845
10/07	L	33-31	L.A. Rams	68,893
10/14	W	27- 3	at Oakland	84,922
10/21			BYE	
10/28	W	28-14	at Detroit	65,237
11/04	L	25-17	L.A. Chargers	68,989
11/11	L	36-31	at L.A. Rams	72,755
11/15	W	27-24	Green Bay	69,007
11/25	W	30-27	at Carolina	74,002
12/02	W	43-16	San Francisco	69,009
12/10	W	21- 7	Minnesota	69,007
12/16	L	26-23	at San Francisco (OT)	68,836
12/23	W	38-31	Kansas City	69,067
12/30	W	27-24	Arizona	68,990

POSTSEASON

1/5	L	24-22	at Dallas (NFC Wild Card Game)	94,327

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	329	323
Rushing	133	91
Passing	156	201
Penalty	40	31
3rd Down: Made/Att	81/208	64/183
3rd Down Pct.	38.9	35.0
4th Down: Made/Att	11/14	6/13
4th Down Pct.	78.6	46.2
POSSESSION AVG.	31:15	28:45
TOTAL NET YARDS	5653	5653
Avg. Per Game	353.3	353.3
Total Plays	1012	955
Avg. Per Play	5.6	5.9
NET YARDS RUSHING	2560	1811
Avg. Per Game	160.0	113.2
Total Rushes	534	366
NET YARDS PASSING	3093	3842
Avg. Per Game	193.3	240.1
Sacked/Yards Lost	51/355	43/261
Gross Yards	3448	4103
Att./Completions	427/280	546/355
Completion Pct.	65.6	65.0
Had Intercepted	7	12
PUNTS/AVERAGE	79/47.6	66/44.9
NET PUNTING AVG.	79/42.5	66/41.5
PENALTIES/YARDS	111/959	108/981
FUMBLES/BALL LOST	18/4	26/14
TOUCHDOWNS	52	39
Rushing	15	9
Passing	35	26
Returns	2	4

By Quarters	1	2	3	4	OT	Tot
SEA	78	129	72	149	0	428
OPP	71	106	48	119	3	347

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Janikowski	0	0	0	0	48/51	22/27	0	114
Lockett	10	0	10	0			0	62
Carson	9	9	0	0			0	54
Baldwin	5	0	5	0			0	30
J. Brown	5	0	5	0			0	30
TEAM	52	15	35	2	48/51	22/27	0	428
OPP	39	9	26	4	31/34	26/33	0	347

2-Point Conversions: SEA 1-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Carson	247	1151	4.7	61	9
M. Davis	112	514	4.6	37	4
Penny	85	419	4.9	38	2
Wilson	67	376	5.6	40	0
TEAM	534	2560	4.8	61	15
OPP	366	1811	4.9	59	9

Receiving	No	Yds	Avg	LG	TD
Lockett	57	965	16.9	52t	10
Baldwin	50	618	12.4	42	5
M. Davis	34	214	6.3	18	1
Vannett	29	269	9.3	32	3
Moore	26	445	17.1	54	5
Carson	20	163	8.2	27	0
TEAM	280	3448	12.3	66	35
OPP	355	4103	11.6	75t	26

Interceptions	No	Yds	Avg	LG	TD
McDougald	3	39	13.0	39	0
E. Thomas	3	25	8.3	25	0
Shaqui. Griffin	2	8	4.0	8	0
TEAM	12	196	16.3	98t	1
OPP	7	135	19.3	49t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	78	3759	48.2	42.5	5	28	69	1
TEAM	79	3759	47.6	42.5	5	28	69	1
OPP	66	2961	44.9	41.5	4	23	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	25	20	143	5.7	19	0
TEAM	25	20	143	5.7	19	0
OPP	36	10	304	8.4	45	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	19	493	25.9	84	0
TEAM	29	669	23.1	84	0
OPP	37	919	24.8	97t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Janikowski	0/0	2/2	9/11	8/9	3/5
TEAM	0/0	2/2	9/11	8/9	3/5
OPP	1/1	7/7	9/9	3/8	6/8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	138	84	54	1.0	1	11	2	1
McDougald	78	66	12	0	3	9	3	1
Flowers	67	55	12	0	0	6	3	1
Griffin, Shaqui.	62	55	7	0	2	8	0	0
Thompson	52	38	14	0	1	3	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
TEAM	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
OPP	546	355	4103	65.0	7.51	26	4.8	12	2.2	75t	43/261	94.3

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (89-54-1, .622)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton Jr. (Def. Coord.), Dave Canales (Quarterbacks), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (WRs), Andre Curtis (Passing Game Coord.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Mondray Gee (Asst. Strength & Cond.), John Glenn (LBs), Will Harriger (Asst. QBs), Clint Hurtt (Asst. Head Coach/Defense), Larry Izzo (Asst. Special Teams), Pat McPherson (Tight Ends), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Steve Shimko (Offensive Asst.), Carl Smith (Associate Head Coach), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, K/ST Sebastian Janikowski, CB/ST Neiko Thorpe

Largent Award: QB Russell Wilson

Pro Bowl: P Michael Dickson, LB Bobby Wagner, QB Russell Wilson

All-Pro: T Duane Brown, P Michael Dickson, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	13
	Tyler Lockett	13
LT	Duane Brown	16
LG	J.R. Sweezy	13
C	Justin Britt	15
RG	D.J. Fluker	9
	Jordan Simmons*	3
RT	Germain Ifedi	14
TE	Nick Vannett	9
QB	Russell Wilson	16
RB	Chris Carson	14

DEFENSE

LE	Quinton Jefferson	12
LT	Jarran Reed	16
RT	Shamar Stephen	14
RE	Frank Clark	16
OLB	Barkevious Mingo	14
MLB	Bobby Wagner	15
OLB	Austin Calitro	4
	Mychal Kendricks	3
LCB	Shaquill Griffin	16
RCB	Tre Flowers*	15
SS	Bradley McDougald	14
FS	Tedric Thompson	10
	Earl Thomas	4

SPECIAL TEAMS

P	Michael Dickson*	16
K	Sebastian Janikowski	16
LS	Tyler Ott	16

*Rookie or first-year player

2018 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	13	3	0	.813	527	384
Seattle*	10	6	0	.625	428	347
San Francisco	4	12	0	.250	342	435
Arizona	3	13	0	.188	225	425

* Wild Card

2019 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/08	W	21-20	Cincinnati	68,710
09/15	W	28-26	at Pittsburgh	65,063
09/22	L	33-27	New Orleans	69,005
09/29	W	27-10	at Arizona	60,500
10/03	W	30-29	L.A. Rams	68,988
10/13	W	32-28	at Cleveland	67,431
10/20	L	30-16	Baltimore	69,012
10/27	W	27-20	at Atlanta	71,483
11/03	W	40-34	Tampa Bay (OT)	68,948
11/11	W	27-24	at San Francisco (OT)	71,404
11/17			BYE	
11/24	W	17- 9	at Philadelphia	69,796
12/02	W	37-30	Minnesota	69,080
12/08	L	28-12	at L.A. Rams	71,501
12/15	W	30-24	at Carolina	72,544
12/22	L	27-13	Arizona	69,022
12/29	L	26-21	San Francisco	69,162

POSTSEASON

1/5	W	17-9	at Philadelphia (NFC Wild Card Game)	69,796
1/12	L	28-23	at Green Bay (NFC Divisional Playoff)	78,998

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	341	346
Rushing	121	97
Passing	190	224
Penalty	30	25
3rd Down: Made/Att	79/200	71/185
3rd Down Pct.	39.5	38.4
4th Down: Made/Att	7/14	7/12
4th Down Pct.	50.0	58.3
POSSESSION AVG.	30:59	29:01
TOTAL NET YARDS	5991	6106
Avg. Per Game	374.4	381.6
Total Plays	1046	1014
Avg. Per Play	5.7	6.0
NET YARDS RUSHING	2200	1883
Avg. Per Game	137.5	117.7
Total Rushes	481	388
NET YARDS PASSING	3791	4223
Avg. Per Game	236.9	263.9
Sacked/Yards Lost	48/319	28/184
Gross Yards	4110	4407
Att./Completions	517/341	598/383
Completion Pct.	66.0	64.0
Had Intercepted	6	16
PUNTS/AVERAGE	74/45.1	59/45.1
NET PUNTING AVG.	74/40.9	59/42.0
PENALTIES/YARDS	109/882	96/798
FUMBLES/BALL LOST	26/14	25/16
TOUCHDOWNS	49	47
Rushing	15	22
Passing	31	19
Returns	3	6

By Quarters	1	2	3	4	OT	Tot
SEA	77	110	83	126	9	405
OPP	91	114	56	137	0	398

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	40/44	23/28	0	109
Carson	9	7	2	0			0	54
Lockett	8	0	8	0			0	48
Metcalf	7	0	7	0			0	44
Dissly	4	0	4	0			0	24
Penny	4	3	1	0			0	24
TEAM	49	15	31	3	40/44	23/28	0	405
OPP	47	22	19	6	35/38	25/35	0	398

2-Point Conversions: SEA 1-3, OPP 3-9.

Rushing	Att	Yds	Avg	LG	TD
Carson	278	1230	4.4	59	7
Penny	65	370	5.7	58t	3
Wilson	75	342	4.6	21	3
Homer	18	114	6.3	29	0
TEAM	481	2200	4.6	59	15
OPP	388	1883	4.9	80t	22

Receiving	No	Yds	Avg	LG	TD
Lockett	82	1057	12.9	44t	8
Metcalf	58	900	15.5	54	7
Hollister	41	349	8.5	22	3
Carson	37	266	7.2	21	2
Dissly	23	262	11.4	38	4
Moore	17	301	17.7	60t	2
TEAM	341	4110	12.1	60t	31
OPP	383	4407	11.5	58t	19

Interceptions	No	Yds	Avg	LG	TD
Diggs	3	99	33.0	55t	1
K. Wright	3	10	3.3	11	0
Flowers	3	0	0.0	0	0
TEAM	16	161	10.1	55t	2
OPP	6	149	24.8	67t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	74	3341	45.1	40.9	5	34	63	0
TEAM	74	3341	45.1	40.9	5	34	63	0
OPP	59	2661	45.1	42.0	2	18	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	13	10	66	5.1	20	0
Moore	10	10	75	7.5	18	0
TEAM	23	20	141	6.1	20	0
OPP	34	18	213	6.3	53t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	14	279	19.9	33	0
TEAM	22	432	19.6	33	0
OPP	24	532	22.2	74	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	6/6	11/11	4/7	2/4
TEAM	0/0	6/6	11/11	4/7	2/4
OPP	0/0	6/6	8/9	10/16	1/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	159	86	73	3.0	1	6	1	1
Wright	132	67	65	0	3	11	0	0
Flowers	82	65	17	2.0	3	8	1	1
Kendricks	71	47	24	3.0	1	4	1	0
McDougald	70	52	18	0.5	2	6	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	516	341	4110	66.1	7.97	31	6.0	5	1.0	60t	48/319	106.3
Gordon	1	0	0	0.0	0.00	0	0.0	1	100.0	---	0/0	0.0
TEAM	517	341	4110	66.0	7.95	31	6.0	6	1.2	60t	48/319	105.3
OPP	598	383	4407	64.0	7.37	19	3.2	16	2.7	58t	28/184	85.6

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (100-59-1, .628)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton, Jr. (Def. Coord.), Dave Canales (Quarterbacks), Brennan Carroll (Off. Scheme Specialist/Asst. OL), Nate Carroll (WRs), Aaron Curry (Coaching Asst.), Andre Curtis (Def. Passing Game Coord.), Austin Davis (Off. Asst.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach/Defense), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), Pat Ruel (Asst. OL), Brian Schneider (Special Teams Coord.), Steve Shimko (Asst. QBs), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, CB/ST Neiko Thorpe

Largent Award: QB Russell Wilson

Pro Bowl: CB Shaquill Griffin, LB Bobby Wagner, QB Russell Wilson

All-Pro: LB Bobby Wagner, QB Russell Wilson

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf*	15
LT	Duane Brown	12
	George Fant	3
LG	Mike Iupati	15
C	Justin Britt	8
	Joey Hunt	8
RG	D.J. Fluker	14
RT	Germain Ifedi	16
TE	Luke Willson	7
	Will Dissly	6
QB	Russell Wilson	16
RB	Chris Carson	15

DEFENSE

DE	Jadeveon Clowney	11
	Rasheem Green	8
DT	Jarran Reed	10
NT	Poona Ford	14
DE	Quinton Jefferson	9
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	Mychal Kendricks	14
LCB	Shaquill Griffin	14
RCB	Tre Flowers	15
SS	Bradley McDougald	14
FS	Tedric Thompson	6
	Quandre Diggs	5
	Lano Hill	4

SPECIAL TEAMS

P	Michael Dickson	16
K	Jason Myers	16
LS	Tyler Ott	16

*Rookie or first-year player

2019 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	479	310
Seattle*	11	5	0	.688	405	398
L.A. Rams	9	7	0	.563	394	364
Arizona	5	10	1	.344	361	442

* Wild Card

2020 REVIEW (12-4; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	W	38-25	at Atlanta	0
09/20	W	35-30	New England	0
09/27	W	38-31	Dallas	0
10/04	W	31-23	at Miami	12,369
10/11	W	27-26	Minnesota	0
10/18			BYE	
10/25	L	37-34	at Arizona (OT)	1,200
11/01	W	37-27	San Francisco	0
11/08	L	44-34	at Buffalo	0
11/15	L	23-16	at L.A. Rams	0
11/19	W	28-21	Arizona	0
11/30	W	23-17	at Philadelphia	0
12/06	L	17-12	N.Y. Giants	0
12/13	W	40- 3	N.Y. Jets	0
12/20	W	20-15	at Washington	0
12/27	W	20- 9	L.A. Rams	0
01/03	W	26-23	at San Francisco	0

POSTSEASON

1/9	L	30-20	L.A. Rams (NFC Wild Card Game)	0

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	356	376
Rushing	111	97
Passing	216	253
Penalty	29	26
3rd Down: Made/Att	76/189	105/223
3rd Down Pct.	40.2	47.1
4th Down: Made/Att	8/14	10/23
4th Down Pct.	57.1	43.5
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5912	6089
Avg. Per Game	369.5	380.6
Total Plays	1022	1112
Avg. Per Play	5.8	5.5
NET YARDS RUSHING	1971	1529
Avg. Per Game	123.2	95.6
Total Rushes	411	392
NET YARDS PASSING	3941	4560
Avg. Per Game	246.3	285.0
Sacked/Yards Lost	48/304	46/251
Gross Yards	4245	4811
Att./Completions	563/388	674/450
Completion Pct.	68.9	66.8
Had Intercepted	13	14
PUNTS/AVERAGE	61/49.6	56/45.1
NET PUNTING AVG.	61/44.4	56/40.6
PENALTIES/YARDS	84/662	94/803
FUMBLES/BALL LOST	14/5	18/8
TOUCHDOWNS	55	42
Rushing	15	18
Passing	40	23
Returns	0	1

By Quarters	1	2	3	4	OT	Tot
SEA	86	128	118	127	0	459
OPP	66	90	65	147	3	371

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	49/53	24/24	0	121
Lockett	10	0	10	0			0	60
Metcalf	10	0	10	0			0	60
Carson	9	5	4	0			0	54
Dav. Moore	6	0	6	0			0	36
Hyde	4	4	0	0			0	24
TEAM	55	15	40	0	49/53	24/24	3	459
OPP	42	18	23	1	26/33	29/35	0	371

2-Point Conversions: SEA 1-2, OPP 3-9.

Rushing	Att	Yds	Avg	LG	TD
Carson	141	681	4.8	29t	5
Wilson	83	513	6.2	38	2
Hyde	81	356	4.4	50t	4
Dallas	34	108	3.2	13	2
TEAM	411	1971	4.8	50t	15
OPP	392	1529	3.9	60	18

Receiving	No	Yds	Avg	LG	TD
Lockett	100	1054	10.5	47t	10
Metcalf	83	1303	15.7	62	10
Carson	37	287	7.8	29	4
Dav. Moore	35	417	11.9	57	6
Hollister	25	209	8.4	20	3
Dissly	24	251	10.5	28	2
TEAM	388	4245	10.9	62	40
OPP	450	4811	10.7	52	23

Interceptions	No	Yds	Avg	LG	TD
Diggs	5	57	11.4	32	0
Shaqui. Griffin	3	20	6.7	16	0
D. Reed	2	21	10.5	20	0
TEAM	14	106	7.6	32	0
OPP	13	199	15.3	90	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	61	3028	49.6	44.4	6	32	67	0
TEAM	61	3028	49.6	44.4	6	32	67	0
OPP	56	2524	45.1	40.6	3	12	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Dav. Moore	12	14	111	9.3	20	0
D. Reed	10	8	78	7.8	15	0
TEAM	22	22	189	8.6	20	0
OPP	28	13	199	7.1	21	0

Kickoff Returns	No	Yds	Avg	LG	TD
Homer	12	291	24.3	44	0
TEAM	28	629	22.5	49	0
OPP	38	815	21.4	66	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	2/2	7/7	13/13	2/2
TEAM	0/0	2/2	7/7	13/13	2/2
OPP	0/0	5/5	4/5	18/21	2/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	138	81	57	3.0	0	8	0	1
Wright	86	60	26	2.0	1	10	1	2
Adams	83	59	24	9.5	0	3	1	0
Diggs	64	42	22	0	5	10	0	0
Griffin, Shaqui.	63	53	10	0	3	12	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	558	384	4212	68.8	7.55	40	7.2	13	2.3	62	47/301	105.1
G. Smith	5	4	33	80.0	6.60	0	0.0	0	0.0	14	1/3	94.2
TEAM	563	388	4245	68.9	7.54	40	7.1	13	2.3	62	48/304	105.0
OPPONENTS	674	450	4811	66.8	7.14	23	3.4	14	2.1	52	46/251	90.2

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (112-63-1, .639)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton, Jr. (Def. Coord.), Dave Canales (Off. Passing Game Coord.), Brennan Carroll (Run Game Coord.), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Def. Passing Game Coord.), Austin Davis (QBs), Tom Donatell (QC/Def.), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach-Defense/DL), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Kerry Joseph (Off. Asst./RBs), Keli'i Kekuewa (Off. Asst.), Sanjay Lal (Sr. Off. Asst.), Damione Lewis (Def. Asst./DL), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), Brian Schneider (Special Teams Coord.), Mike Solari (Offensive Line), Nick Sorensen (Secondary & Nickel Specialist), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, CB/ST Neiko Thorpe

Largent Award: LB K.J. Wright

Pro Bowl: S Jamal Adams, ST Nick Bellore, S Quandre Diggs, WR DK Metcalf, LS Tyler Ott, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Jamal Adams, WR DK Metcalf, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf	16
LT	Duane Brown	16
LG	Mike Iupati	10
	Jordan Simmons	6
C	Ethan Pocic	14
RG	Damien Lewis*	15
RT	Brandon Shell	11
	Cedric Ogbuehi	4
TE	Will Dissly	12
QB	Russell Wilson	16
RB	Chris Carson	12

DEFENSE

DE	L.J. Collier	16
DT	Jarran Reed	16
NT	Poona Ford	16
DE	Benson Mayowa	9
	Carlos Dunlap II	6
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	Jordyn Brooks*	7
LCB	Shaquill Griffin	12
RCB	Quinton Dunbar	6
	Tre Flowers	5
	D.J. Reed	5
SS	Jamal Adams	12
FS	Quandre Diggs	16

SPECIAL TEAMS

P	Michael Dickson	16
K	Jason Myers	16
LS	Tyler Ott	16

*Rookie or first-year player

2020 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	459	371
L.A. Rams*	10	6	0	.625	372	296
Arizona	8	8	0	.500	410	367
San Francisco	6	10	0	.375	376	390

* Wild Card

2021 REVIEW (7-10)

Date	W/L	Score	Opponents	Att
09/12	W	28-16	at Indianapolis	63,347
09/19	L	33-30	Tennessee (OT)	68,585
09/26	L	30-17	at Minnesota	66,729
10/03	W	28-21	at San Francisco	68,912
10/07	L	26-17	L.A. Rams	68,747
10/17	L	23-20	at Pittsburgh (OT)	60,821
10/25	L	13-10	New Orleans	68,563
10/31	W	31- 7	Jacksonville	67,243
11/07			BYE	
11/14	L	17-0	at Green Bay	78,235
11/21	L	23-13	Arizona	68,833
11/29	L	17-15	at Washington	52,680
12/05	W	30-23	San Francisco	68,758
12/12	W	33-13	at Houston	67,610
12/21	L	20-10	at L.A. Rams	71,565
12/26	L	25-24	Chicago	68,492
01/02	W	51-29	Detroit	68,043
01/09	W	38-30	at Arizona	63,858

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	400
Rushing	106	124
Passing	166	240
Penalty	30	36
3rd Down: Made/Att	72/193	88/224
3rd Down Pct.	37.3	39.3
4th Down: Made/Att	4/11	13/31
4th Down Pct.	36.4	41.9
POSSESSION AVG.	25:15	34:45
TOTAL NET YARDS	5506	6445
Avg. Per Game	323.9	379.1
Total Plays	954	1201
Avg. Per Play	5.8	5.4
NET YARDS RUSHING	2074	1932
Avg. Per Game	122.0	113.6
Total Rushes	413	509
NET YARDS PASSING	3432	4513
Avg. Per Game	201.9	265.5
Sacked/Yards Lost	46/383	34/253
Gross Yards	3815	4766
Att./Completions	495/324	658/443
Completion Pct.	65.5	67.3
Had Intercepted	7	11
PUNTS/AVERAGE	83/46.9	68/45.9
NET PUNTING AVG.	83/41.7	68/41.4
PENALTIES/YARDS	97/803	96/919
FUMBLES/BALL LOST	17/6	19/7
TOUCHDOWNS	49	41
Rushing	18	16
Passing	30	24
Returns	1	1

By Quarters	1	2	3	4	OT	Tot
SEA	82	138	78	97	0	395
OPP	61	101	86	112	6	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	44/47	17/23	0	95
Metcalf	12	0	12	0			0	72
Lockett	8	0	8	0			0	50
Penny	6	6	0	0			0	36
Everett	4	0	4	0			0	24
Swain	4	0	4	0			0	24
TEAM	49	18	30	1	44/47	17/23	1	395
OPP	41	16	24	1	31/36	27/33	0	366

2-Point Conversions: SEA 1-2, OPP 4-5.

Rushing	Att	Yds	Avg	LG	TD
Penny	119	749	6.3	62t	6
Collins	108	411	3.8	25	2
Carson	54	232	4.3	33	3
Wilson	43	183	4.3	17	2
TEAM	413	2074	5.0	73t	18
OPP	509	1932	3.8	60t	16

Receiving	No	Yds	Avg	LG	TD
Metcalf	75	967	12.9	84t	12
Lockett	73	1175	16.1	69t	8
Everett	48	478	10.0	41	4
Swain	25	343	13.7	68t	4
Dissly	21	231	11.0	39	1
Dallas	21	133	6.3	29	0
TEAM	324	3815	11.8	84t	30
OPP	443	4766	10.8	76t	24

Interceptions	No	Yds	Avg	LG	TD
Diggs	5	68	13.6	29	0
Reed	2	9	4.5	7	0
J. Adams	2	0	0.0	0	0
TEAM	11	92	8.4	29	0
OPP	7	40	5.7	33	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	83	3895	46.9	41.7	10	40	68	0
TEAM	83	3895	46.9	41.7	10	40	68	0
OPP	68	3124	45.9	41.4	6	24	64	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Swain	22	22	189	8.6	22	0
TEAM	23	23	192	8.3	22	0
OPP	32	22	234	7.3	28	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dallas	33	764	23.2	40	0
Eskridge	2	54	27.0	27	0
TEAM	38	894	23.5	44t	1
OPP	50	986	19.7	47	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	2/2	9/11	3/5	3/5
TEAM	0/0	2/2	9/11	3/5	3/5
OPP	0/0	8/8	11/13	3/6	5/6

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Brooks	183	108	75	1.0	0	5	0	1
Wagner	170	93	77	1.0	1	5	1	0
Diggs	94	66	28	0	5	7	0	0
Adams	87	56	31	0	2	5	0	0
Reed	78	62	16	0	2	10	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	400	259	3113	64.8	7.78	25	6.3	6	1.5	69t	33/266	103.1
Smith	95	65	702	68.4	7.39	5	5.3	1	1.1	84t	13/117	103.0
TEAM	495	324	3815	65.5	7.71	30	6.1	7	1.4	84t	46/383	103.1
OPP	658	443	4766	67.3	7.24	24	3.6	11	1.7	76t	34/253	93.6

Record (finish): 7-10 (4th, NFC West)

Head Coach: Pete Carroll (119-73-1, .619)

Assistants: Larry Izzo (Special Teams Coord.), Ken Norton, Jr. (Def. Coord.), Shane Waldron (Off. Coord.), Dave Canales (Off. Passing Game Coord.), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Def. Passing Game Coord.), Austin Davis (QBs), Andy Dickerson (Run Game Coord.), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach-Defense/DL), Brad Idzik (QC-Off./Asst. QBs), Kerry Joseph (Asst. WRs), Keli'i Kekuewa (Asst. OL), Damione Lewis (Def. Asst./DL), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), DeShawn Shead (Def. Asst./DBs), Carl Smith (Associate HC), Tracy Smith (Asst. Special Teams), Mike Solari (Offensive Line), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, FB/ST Nick Bellore

Largent Award: WR Tyler Lockett

Pro Bowl: T Duane Brown, S Quandre Diggs, LB Bobby Wagner, QB Russell Wilson

All-Pro: LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf	17
LT	Duane Brown	17
LG	Damien Lewis	13
C	Ethan Pocic	10
	Kyle Fuller	7
RG	Gabe Jackson	16
RT	Brandon Shell	10
	Jake Curhan*	5
TE	Will Dissly	14
	Gerald Everett	12
QB	Russell Wilson	14
	Geno Smith	3
RB	Alex Collins	6
	Rashaad Penny	6
	Chris Carson	4

DEFENSE

DE	Rasheem Green	15
DT	Al Woods	16
NT	Poona Ford	17
DE	Kerry Hyder	7
OLB	Benson Mayowa	6
MLB	Bobby Wagner	16
OLB	Jordyn Brooks	17
LCB	Sidney Jones IV	10
	Tre Brown*	3
RCB	D.J. Reed	11
	Tre Flowers	3
SS	Jamal Adams	12
FS	Quandre Diggs	17

SPECIAL TEAMS

P	Michael Dickson	17
K	Jason Myers	17
LS	Tyler Ott	17

*Rookie or first-year player

2021 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams*	12	5	0	.706	460	372
Arizona*	11	6	0	.647	449	366
San Francisco*	10	7	0	.588	427	365
Seattle	7	10	0	.412	395	366

* Wild Card

2022 REVIEW (9-8, 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	17-16	Denver	68,965
09/18	L	27-7	at San Francisco	71,597
09/25	L	27-23	Atlanta	68,773
10/02	W	48-45	at Detroit	63,920
10/09	L	39-32	at New Orleans	70,003
10/16	W	19- 9	Arizona	68,867
10/23	W	37-23	at L.A. Chargers	70,240
10/30	W	27-13	N.Y. Giants	68,921
11/06	W	31-21	at Arizona	63,982
11/13	L	21-16	at Tampa Bay	69,811
11/20			BYE	
11/27	L	40-34	Las Vegas (OT)	68,849
12/04	W	27-23	at L.A. Rams	71,802
12/11	L	30-24	Carolina	68,672
12/15	L	21-13	San Francisco	68,957
12/24	L	24-10	at Kansas City	73,331
01/01	W	23- 6	N.Y. Jets	68,827
01/08	W	19-16	L.A. Rams (OT)	68,660
POSTSEASON				
1/14	L	41-23	at San Francisco (NFC Wild Card Game)	71,299

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	346	347
Rushing	106	130
Passing	206	188
Penalty	34	29
3rd Down: Made/Att	76/201	96/227
3rd Down Pct.	37.8	42.3
4th Down: Made/Att	12/21	11/28
4th Down Pct.	57.1	39.3
POSSESSION AVG.	28:43	31:17
TOTAL NET YARDS	5976	6149
Avg. Per Game	351.5	361.7
Total Plays	1044	1117
Avg. Per Play	5.7	5.5
NET YARDS RUSHING	2042	2554
Avg. Per Game	120.1	150.2
Total Rushes	425	525
NET YARDS PASSING	3934	3595
Avg. Per Game	231.4	211.5
Sacked/Yards Lost	46/348	45/296
Gross Yards	4282	3891
Att./Completions	573/399	547/343
Completion Pct.	69.6	62.7
Had Intercepted	12	14
PUNTS/AVERAGE	66/48.5	62/47.2
NET PUNTING AVG.	66/44.4	62/42.9
PENALTIES/YARDS	106/854	98/818
FUMBLES/BALL LOST	19/11	24/11
TOUCHDOWNS	44	46
Rushing	12	21
Passing	30	23
Returns	2	2

By Quarters	1	2	3	4	OT	Tot
SEA	97	113	69	125	3	407
OPP	85	149	61	100	6	401

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	41/42	34/37	0	143
Lockett	9	0	9	0			0	54
Walker III	9	9	0	0			0	54
Metcalf	6	0	6	0			0	36
Fant	4	0	4	0			0	24
Goodwin	4	0	4	0			0	24
TEAM	44	12	30	2	41/42	34/37	0	407
OPP	46	21	23	2	39/42	26/32	1	401

2-Point Conversions: SEA 0-2, OPP 3-3.

Rushing	Att	Yds	Avg	LG	TD
Walker III	228	1050	4.6	74t	9
G. Smith	68	366	5.4	25	1
Penny	57	346	6.1	41t	2
Dallas	35	186	5.3	27	0
TEAM	425	2042	4.8	74t	12
OPP	525	2554	4.9	86t	21

Receiving	No	Yds	Avg	LG	TD
Metcalf	90	1048	11.6	54	6
Lockett	84	1033	12.3	40t	9
Fant	50	486	9.7	51	4
Dissly	34	349	10.3	38t	3
Goodwin	27	387	14.3	38	4
Walker III	27	165	6.1	33	0
TEAM	399	4282	10.7	54	30
OPP	343	3891	11.3	81	23

Interceptions	No	Yds	Avg	LG	TD
Woolen	6	47	7.8	40t	1
Diggs	4	70	17.5	27	0
Barton	2	11	5.5	10	0
TEAM	14	163	11.6	40t	1
OPP	12	184	15.3	31	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	66	3199	48.5	44.4	3	22	68	0
TEAM	66	3199	48.5	44.4	3	22	68	0
OPP	62	2926	47.2	42.9	8	23	73	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Dallas	14	11	102	7.3	20	0
TEAM	16	19	109	6.8	20	0
OPP	35	12	207	5.9	21	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dallas	12	270	22.5	30	0
Igwebuike	11	308	28.0	50	0
TEAM	30	728	24.3	50	0
OPP	38	794	20.9	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	9/9	15/16	4/6	6/6
TEAM	0/0	9/9	15/16	4/6	6/6
OPP	0/0	5/6	8/8	10/11	3/7

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Brooks	161	103	58	1.0	0	5	1	1
Barton	133	81	52	2.0	2	6	0	0
Jackson	74	62	12	0	1	12	0	2
Diggs	71	50	21	0	4	7	1	0
Bryant	70	52	18	2.0	0	4	4	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
G. Smith	572	399	4282	69.8	7.49	30	5.2	11	1.9	54	46/348	100.9
TEAM	573	399	4282	69.6	7.47	30	5.2	12	2.1	54	46/348	100.0
OPP	547	343	3891	62.7	7.11	23	4.2	14	2.6	81	45/296	87.3

Record (finish): 9-8 (2nd, NFC West)

Head Coach: Pete Carroll (128-81-1, .611)

Assistants: Clint Hurtt (Def. Coord.), Larry Izzo (Special Teams Coord.), Shane Waldron (Off. Coord.), Dave Canales (QBs), Nate Carroll (Sr. Off. Asst.), Aaron Curry (Asst. DL/DEs), Sean Desai (Assoc. Head Coach-Def.), Andy Dickerson (OL), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Brad Idzik (Asst. WRs), Kerry Joseph (Asst. QBs), Keli'i Kekuewa (Asst. OL), Sanjay Lal (Off. Passing Game Coord./WRs), Damione Lewis (Asst. DL/DTs), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (Run Game Coord./RBs), Mark Philipp (Strength & Cond. Asst.), Karl Scott (Def. Passing Game Coord./DBs), DeShawn Shead (Asst. DBs), Carl Smith (Associate HC), Tracy Smith (Asst. Special Teams), Grant Steen (Strength & Cond. Asst.), Will Tukuafu (QC/Defense), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: WR Tyler Lockett, S Quandre Diggs & NT Al Woods, FB/ST Nick Bellore

Largent Award: WR Tyler Lockett

Pro Bowl: S Quandre Diggs, K Jason Myers, QB Geno Smith, CB Tariq Woolen

All-Pro: n/a

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf	17
LT	Charles Cross*	17
LG	Damien Lewis	16
C	Austin Blythe	17
RG	Gabe Jackson	15
RT	Abraham Lucas*	16
TE	Noah Fant	16
	Will Dissly	15
QB	Geno Smith	17
RB	Kenneth Walker III*	11
	Rashaad Penny	5

DEFENSE

OLB	Uchenna Nwosu	17
DE	Shelby Harris	15
NT	Al Woods	14
DE	Poona Ford	16
OLB	Bruce Irvin	9
	Darrell Taylor	3
	Boye Mafe*	3
ILB	Jordyn Brooks	16
ILB	Cody Barton	11
LCB	Michael Jackson	17
RCB	Riq Woolen*	17
SS	Ryan Neal	10
	Josh Jones	3
FS	Quandre Diggs	17

SPECIAL TEAMS

P	Michael Dickson	17
K	Jason Myers	17
LS	Carson Tinker	17

*Rookie or first-year player

2022 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	4	0	.765	450	277
Seattle*	9	8	0	.529	407	401
L.A. Rams	5	12	0	.294	307	384
Arizona	4	13	0	.235	340	449

* Wild Card

2023 REVIEW (9-8)

Date	W/L	Score	Opponents	Att
09/10	L	30-13	L.A. Rams	68,683
09/17	W	37-31	at Detroit (OT)	66,434
09/24	W	37-27	Carolina	68,699
10/02	W	24- 3	at N.Y. Giants	78,507
10/08			BYE	
10/15	L	17-13	at Cincinnati	66,385
10/22	W	20-10	Arizona	68,781
10/29	W	24-20	Cleveland	68,807
11/05	L	37-3	at Baltimore	70,753
11/12	W	29-26	Washington	68,721
11/19	L	17-16	at L.A. Rams	72,704
11/23	L	31-13	San Francisco	68,702
11/30	L	41-35	at Dallas	93,367
12/10	L	28-16	at San Francisco	71,816
12/18	W	20-17	Philadelphia	68,758
12/24	W	20-17	at Tennessee	60,181
12/31	L	30-23	Pittsburgh	68,735
01/07	W	21-20	at Arizona	63,197

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	317	380
Rushing	93	143
Passing	189	202
Penalty	35	35
3rd Down: Made/Att	75/207	107/231
3rd Down Pct.	36.2	46.3
4th Down: Made/Att	6/16	13/26
4th Down Pct.	37.5	50.0
POSSESSION AVG.	26:47	33:13
TOTAL NET YARDS	5490	6313
Avg. Per Game	322.9	371.4
Total Plays	995	1147
Avg. Per Play	5.5	5.5
NET YARDS RUSHING	1580	2352
Avg. Per Game	92.9	138.4
Total Rushes	382	515
NET YARDS PASSING	3910	3961
Avg. Per Game	230.0	233.0
Sacked/Yards Lost	38/257	47/298
Gross Yards	4167	4259
Att./Completions	575/371	585/390
Completion Pct.	64.5	66.7
Had Intercepted	12	11
PUNTS/AVERAGE	66/50.0	60/48.0
NET PUNTING AVG.	66/44.1	60/42.9
PENALTIES/YARDS	111/954	103/824
FUMBLES/BALL LOST	8/5	17/8
TOUCHDOWNS	37	45
Rushing	11	24
Passing	23	21
Returns	3	0

By Quarters	1	2	3	4	OT	Tot
SEA	84	95	79	100	6	364
OPP	78	131	74	119	0	402

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	33/33	35/42	0	138
Walker III	9	8	1	0			0	54
Metcalf	8	0	8	0			0	48
Lockett	5	0	5	0			0	34
Smith-Njigba	4	0	4	0			0	24
Bobo	3	1	2	0			0	18
TEAM	37	11	23	3	33/33	35/42	0	364
OPP	45	24	21	0	43/44	29/35	0	402

2-Point Conversions: SEA 2-3, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Walker III	219	905	4.1	45	8
Charbonnet	108	462	4.3	23	1
G. Smith	37	155	4.2	25	1
TEAM	382	1580	4.1	45	11
OPP	515	2352	4.6	72	24

Receiving	No	Yds	Avg	LG	TD
Lockett	79	894	11.3	37	5
Metcalf	66	1114	16.9	73t	8
Smith-Njigba	63	628	10.0	35	4
Charbonnet	33	209	6.3	39	0
Fant	32	414	12.9	51	0
Walker III	29	259	8.9	64t	1
TEAM	371	4167	11.2	73t	23
OPP	390	4259	10.9	54t	21

Interceptions	No	Yds	Avg	LG	TD
Love	4	7	1.8	7	0
T. Brown	2	40	20.0	40t	1
Woolen	2	0	0.0	0	0
TEAM	11	177	16.1	97t	3
OPP	12	39	3.3	24	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	66	3303	50.0	44.1	8	25	73	0
TEAM	66	3303	50.0	44.1	8	25	73	0
OPP	60	2879	48.0	42.9	2	24	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Dallas	25	16	265	10.6	32	0
TEAM	25	16	265	10.6	32	0
OPP	34	12	232	6.8	24	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dallas	17	440	25.9	34	0
Eskridge	8	224	28.0	66	0
TEAM	26	680	26.2	66	0
OPP	22	488	22.2	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	8/8	11/12	12/14	4/8
TEAM	0/0	8/8	11/12	12/14	4/8
OPP	0/0	7/7	12/13	7/8	3/7

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	183	96	87	3.5	0	3	0	1
Brooks	111	62	49	4.5	1	4	1	1
Love	110	78	32	0	4	10	2	1
Diggs	95	63	32	0	1	5	0	0
Witherspoon	79	56	23	3.0	1	16	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
G. Smith	499	323	3624	64.7	7.26	20	4.0	9	1.8	73t	31/231	92.1
Lock	76	48	543	63.2	7.14	3	3.9	3	3.9	51	6/26	81.2
TEAM	575	371	4167	64.5	7.25	23	4.0	12	2.1	73t	38/257	90.7
OPP	585	390	4259	66.7	7.28	21	3.6	11	1.9	54t	47/298	92.1

Record (finish): 9-8 (3rd, NFC West)

Head Coach: Pete Carroll (137-89-1, .606)

Assistants: Clint Hurtt (Def. Coord.), Larry Izzo (Special Teams Coord.), Shane Waldron (Off. Coord.), Roy Anderson (Secondary), Nate Carroll (Sr. Off. Asst.), Andy Dickerson (OL), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Donovan Jackson (Off. Asst.), BT Jordan (Pass Rush Specialist), Kerry Joseph (Asst. QBs), Keli'i Kekuewa (Asst. OL), Sanjay Lal (Off. Passing Game Coord./WRs), Damione Lewis (Asst. DL/DTs), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (Run Game Coord./RBs), Greg Olson (QBs), Mark Philipp (Strength & Cond. Asst.), Robbie Picazo (Off. Asst.), Karl Scott (Def. Passing Game Coord./Sr. Asst.), DeShawn Shead (Asst. DBs/CBs), Carl Smith (Associate HC), Tracy Smith (Asst. Special Teams), Grant Steen (Strength & Cond. Asst.), Neiko Thorpe (Def. Asst.), Will Tukuafu (Def. Asst./DL), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: WR Tyler Lockett, QB Geno Smith, S Quandre Diggs, LB Bobby Wagner, LB/ST Nick Bellore, K/ST Jason Myers

Largent Award: LB Bobby Wagner

Pro Bowl: LB/ST Nick Bellore, S Julian Love, WR DK Metcalf, QB Geno Smith, LB Bobby Wagner, CB Devon Witherspoon

All-Pro: LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Tyler Lockett	17
	DK Metcalf	16
LT	Charles Cross	14
LG	Damien Lewis	16
C	Evan Brown	16
RG	Anthony Bradford*	10
	Phil Haynes	7
RT	Abraham Lucas	6
	Stone Forsythe	5
	Jake Curhan	4
TE	Noah Fant	17
	Will Dissly	13
QB	Geno Smith	15
RB	Kenneth Walker III	15

DEFENSE

OLB	Boye Mafe	16
DE	Dre'Mont Jones	16
NT	Jarran Reed	16
DE	Leonard Williams	10
OLB	Uchenna Nwosu	6
	Darrell Taylor	5
ILB	Jordyn Brooks	16
ILB	Bobby Wagner	17
LCB	Devon Witherspoon*	13
RCB	Riq Woolen	15
S	Quandre Diggs	17
	Julian Love	12
	Jamal Adams	9

SPECIAL TEAMS

P	Michael Dickson	17
K	Jason Myers	17
LS	Chris Stoll*	17

*Rookie or first-year player

2023 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	12	5	0	.706	491	298
L.A. Rams*	10	7	0	.588	404	377
Seattle	9	8	0	.529	364	402
Arizona	4	13	0	.235	330	455

* Wild Card

2024 REVIEW (10-7)

Date	W/L	Score	Opponents	Att
09/08	W	26-20	Denver	68,714
9/15	W	23-20	at New England (OT)	64,628
9/22	W	24-3	Miami	68,658
9/30	L	42-29	at Detroit	66,658
10/6	L	29-20	N.Y. Giants	68,306
10/10	L	36-24	San Francisco	68,768
10/20	W	34-14	at Atlanta	70,691
10/27	L	31-10	Buffalo	68,704
11/3	L	26-20	L.A. Rams (OT)	68,632
11/17	W	20-17	at San Francisco	71,751
11/24	W	16-6	Arizona	68,649
12/1	W	26-21	at N.Y. Jets	81,084
12/8	W	30-18	at Arizona	64,533
12/15	L	30-13	Green Bay	68,766
12/22	L	27-24	Minnesota	68,748
12/26	W	6-3	at Chicago	56,346
1/5	W	30-25	at L.A. Rams	72,610

Team Statistics	Sea	Opp
FIRST DOWNS	329	329
Rushing	88	107
Passing	211	193
Penalty	30	29
3rd Down: Made/Att	79/210	83/224
3rd Down Pct.	37.6	37.1
4th Down: Made/Att	10/19	10/20
4th Down Pct.	52.6	50.0
POSSESSION AVG.	28:54	31:06
TOTAL NET YARDS	5647	5656
Avg. Per Game	332.2	332.7
Total Plays	1030	1065
Avg. Per Play	5.5	5.3
NET YARDS RUSHING	1627	2053
Avg. Per Game	95.7	120.8
Total Rushes	383	451
NET YARDS PASSING	4020	3603
Avg. Per Game	236.5	211.9
Sacked/Yards Lost	54/359	45/327
Gross Yards	4379	3930
Att/Completions	413/593	371/569
Completion Pct.	69.6	65.2
Had Intercepted	16	13
PUNTS/AVERAGE	76/49.4	81/46.2
NET PUNTING AVERAGE	76/43.3	81/42.7
PENALTIES/YARDS	119/987	121/958
FUMBLES/LOST	21/8	21/5
TOUCHDOWNS	43	40
Rushing	17	11
Passing	21	26
Returns	5	3

By Quarters	1	2	3	4	OT	Tot
SEA	67	122	76	107	3	375
OPP	82	112	78	90	6	368

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	37/40	26/30	0	115
Charbonnet	9	8	1	0			0	54
Walker III	8	7	1	0			0	48
S.-Njigba	6	0	6	0			0	36
Metcalf	5	0	5	0			0	30
Barner	4	0	4	0			0	24
TEAM	43	17	21	5	37/40	26/30	1	375
OPP	40	11	26	3	33/34	29/34	2	368

2-Point Conversions: SEA 0-3, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Walker III	153	573	3.7	28	7
Charbonnet	135	569	4.2	51t	8
G. Smith	53	272	5.1	34t	2
TEAM	383	1627	4.2	51t	17
OPP	451	2053	4.6	76	11

Receiving	No	Yds	Avg	LG	TD
Smith-Njigba	100	1130	11.3	46	6
Metcalf	66	992	15.0	71t	5
Lockett	49	600	12.2	37	2
N. Fant	48	500	10.4	32	1
Charbonnet	42	340	8.1	32	1
Walker III	46	299	6.5	21	1
TEAM	413	4379	10.6	71t	21
OPP	371	3930	10.6	76t	26

Interceptions	No	Yds	Avg	LG	TD
Bryant	3	87	29.0	69t	1
Love	3	33	11.0	26	0
Woolen	3	11	3.7	7	0
TEAM	13	268	20.6	92t	2
OPP	16	212	13.3	103t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	76	3756	49.4	43.3	9	31	68	0
TEAM	76	3756	49.4	43.3	9	31	68	0
OPP	81	3743	46.2	42.7	5	36	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
De. Williams	15	21	111	7.4	23	0
TEAM	25	29	186	7.4	230	
OPP	31	22	284	9.2	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Shenault	16	459	28.7	97t	1
TEAM	38	1065	28.0	97t	1
OPP	40	1114	27.9	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	4/4	6/6	7/8	9/12
TEAM	0/0	4/4	6/6	7/8	9/12
OPP	0/0	11/11	11/11	4/7	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Love	106	76	30	0	3	12	2	1
Witherspoon	98	66	32	1.0	0	9	1	0
Jones IV	94	48	46	0.5	1	2	1	0
Knight	88	41	47	1.5	0	2	0	1
Dodson	71	41	30	2.0	0	2	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
G. Smith	578	407	4320	70.4	7.47	21	3.6	15	2.6	71t	50/338	93.2
Smith-Njigba	1	1	35	100.0	35.00	0	0.0	0	0.0	35	0/0	118.8
Howell	14	5	24	35.7	1.71	0	0.0	1	7.1	12	4/21	14.6
TEAM	593	413	4379	69.6	7.38	21	3.5	16	2.7	71t	54/359	91.5
OPP	569	371	3930	65.2	6.91	26	4.6	13	2.3	76t	45/327	90.9

Record (finish): 10-7 (2nd, NFC West)

Head Coach: Mike Macdonald (10-7, .588)

Assistants: Aden Durde (Def. Coord.), Ryan Grubb (Off. Coord.), Jay Harbaugh (Special Teams Coord.), Mack Brown (Tight Ends), Josh Bynes (Def. Asst./LBs), Rob Caprice (Def. Intern), Devin Fitzsimmons (Asst. Special Teams), Leslie Frazier (Asst. Head Coach), Thomas Garcia (Strength & Cond. Asst.), Zak Hill (Off. Asst./QC), Justin Hinds (Def. Line), Jeff Howard (Safeties), Scott Huff (Off. Line), Frisman Jackson (WRs), Chuckie Keeton (Off. Asst.), Ivan Lewis (Head Strength & Cond.), Charles London (QBs), Brendan Nugent (Asst. Off. Line), Quinshon Odom (Off. Asst./QC-Off. Line), Kirk Olivadotti (Inside LBs), Chris Partridge (Outside LBs), Jake Peetz (Off. Passing Game Coord.), Nick Perry (Def. QC), Mark Philipp (Strength & Cond. Asst.), Kennedy Polamalu (RBs), Tyson Prince (Asst. WRs), Karl Scott (Def. Passing Game Coord./DBs), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Asst. Head Strength & Cond.), Jamie Yanchar (Strength & Cond. Asst.).

Captains: Selected on a week-to-week basis.

Largent Award: WR Tyler Lockett

Pro Bowl: WR Jaxon Smith-Njigba, DE Leonard Williams, CB Devon Witherspoon

All-Pro: n/a

OFFENSE

Pos.		Starts
WR	Jaxon Smith-Njigba	16
	Tyler Lockett	14
	DK Metcalf	12
LT	Charles Cross	17
LG	Laken Tomlinson	17
C	Connor Williams	9
	Olu Oluwatimi	8
RG	Anthony Bradford	11
	Sataoa Laumea*	6
RT	Abraham Lucas	7
	Stone Forsythe	5
TE	Noah Fant	9
QB	Geno Smith	17
RB	Kenneth Walker III	11
	Zach Charbonnet	6

DEFENSE

DT	Leonard Williams	16
NT	Byron Murphy II	9
	Johnathan Hankins	8
DE	Jarran Reed	8
RUSH	Dre'Mont Jones	9
	Boye Mafe	7
MLB	Ernest Jones IV	10
	Tyrel Dodson	7
WLB	Tyrice Knight*	9
SLB	Derick Hall	14
CB	Devon Witherspoon	17
	Riq Woolen	14
S	Julian Love	17
	Coby Bryant	11

SPECIAL TEAMS

P	Michael Dickson	17
K	Jason Myers	17
LS	Chris Stoll*	17

*Rookie or first-year player

2024 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	10	7	0	.588	367	386
Seattle	10	7	0	.588	375	368
Arizona	8	9	0	.471	400	379
San Francisco	6	11	0	.353	389	436

* Wild Card

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found at the end of this section.
** Overtime*

NFC WEST (82-55-1)

ARIZONA CARDINALS (29-22-1)

9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899
10/24/04	—	L	@	17-25	35,695
12/26/04	—	W		24-21	65,825
9/25/05	—	W		37-12	64,843
11/6/05	—	W	@	33-19	43,542
9/17/06	—	W		21-10	67,470
12/10/06	—	L	@	21-27	63,603
9/16/07	—	L	@	20-23	64,542
12/9/07	—	W		42-21	68,193
11/16/08	—	L		20-26	67,616
12/28/08	—	L	@	21-34	63,874
10/18/09	—	L		3-27	67,588
11/15/09	—	L	@	20-31	62,278
10/24/10	—	W		22-10	67,132
11/14/10	—	W	@	36-18	61,904
9/25/11	—	W		13-10	66,199
1/1/12	—	*L	@	20-23	61,798
9/9/12	—	L	@	16-20	60,032
12/9/12	—	W		58-0	67,685
10/17/13	—	W	@	34-22	61,200
12/22/13	—	L		10-17	68,266
11/23/14	—	W		19-3	68,327
12/21/14	—	W	@	35-6	63,806
11/15/15	—	L		32-39	69,005
1/3/16	—	W	@	36-6	74,287
10/23/16	—	*T	@	6-6	65,089
12/24/16	—	L		31-34	69,050
11/9/17	—	W	@	22-16	64,639
12/31/17	—	L		24-26	69,078
9/30/18	—	W	@	20-17	61,845
12/30/18	—	W		27-24	68,990
9/29/19	—	W	@	27-10	60,500
12/22/19	—	L		13-27	69,022
10/25/20	—	*L	@	34-37	1,200
11/19/20	—	W		28-21	0
11/21/21	—	L		13-23	68,833
1/9/22	—	W	@	38-30	63,858
10/16/22	—	W		19-9	68,867
11/6/22	—	W	@	31-21	63,982
10/22/23	—	W		20-10	68,781
1/7/24	—	W	@	21-20	63,197
11/24/24	—	W		16-6	68,649
12/8/24	—	W	@	30-18	64,533

Franchise moved from St. Louis to Arizona in 1988.

Points: Arizona 1,006 (19.3), Seattle 1,286 (24.7)

LOS ANGELES RAMS (28-25)

10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152
10/10/04	—	*L		27-33	66,940
11/14/04	—	L	@	12-23	66,044
10/9/05	—	W	@	37-31	65,707
11/13/05	—	W		31-16	67,192
10/15/06	—	W	@	30-28	65,592
11/12/06	—	W		24-22	68,175
10/21/07	—	W		33-6	68,164
11/25/07	—	W	@	24-19	65,423
9/21/08	—	W		37-13	68,012
12/14/08	—	W	@	23-20	56,123
9/13/09	—	W		28-0	67,610
11/29/09	—	W	@	27-17	47,475
10/3/10	—	L	@	3-20	52,326
1/2/11	—	W		16-6	67,325
11/20/11	—	W	@	24-7	56,400
12/12/11	—	W		30-13	66,577
9/30/12	—	L	@	13-19	53,193
12/30/12	—	W		20-13	67,936
10/28/13	—	W	@	14-9	55,966
12/29/13	—	W		27-9	68,264
10/19/14	—	L	@	26-28	57,855
12/28/14	—	W		20-6	68,453
9/13/15	—	*L	@	31-34	51,792
12/27/15	—	L		17-23	69,080
9/18/16	—	L	@	3-9	91,046
12/15/16	—	W		24-3	69,067
10/08/17	—	W	@	16-10	60,745
12/17/17	—	L		7-42	69,077
10/7/18	—	L		31-33	68,893
11/11/18	—	L	@	31-36	72,755
10/3/19	—	W		30-29	68,988
12/8/19	—	L	@	12-28	71,501
11/15/20	—	L	@	16-23	0
12/27/20	—	W		20-9	0
10/7/21	—	L		17-26	68,747
12/21/21	—	L	@	10-20	71,565
12/4/22	—	W	@	27-23	71,802
1/8/23	—	*W		19-16	68,660
9/10/23	—	L		13-30	68,683
11/19/23	—	L	@	16-17	72,704
11/3/24	—	*L		20-26	68,632
01/05/25	—	W	@	30-25	72,610

Moved from Los Angeles to St. Louis in 1995. Moved from St. Louis to Los Angeles in 2016.

Points: L.A. 1,107 (20.8), Seattle 1,126 (21.2)

SAN FRANCISCO 49ERS (30-22)

9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840
9/26/04	—	W		34-0	66,709
11/7/04	—	W	@	42-27	64,423
11/20/05	—	W	@	27-25	63,590
12/11/05	—	W		41-3	66,690
11/19/06	—	L	@	14-20	68,367
12/14/06	—	L		14-24	67,650
9/30/07	—	W	@	23-3	67,651
11/12/07	—	W		24-0	68,331
9/14/08	—	*L		30-33	67,951
10/26/08	—	W	@	34-13	67,504
10/23/09	—	L	@	10-23	69,732
12/6/09	—	W		20-17	67,761
9/12/10	—	W		31-6	67,044
12/12/10	—	L	@	21-40	69,732
9/11/11	—	L	@	17-33	69,732
12/24/11	—	L		17-19	66,697
10/18/12	—	L	@	6-13	69,732
12/23/12	—	W		42-13	68,161
9/15/13	—	W		29-3	68,338
12/8/13	—	L	@	17-19	69,732
11/27/14	—	W	@	19-3	70,799
12/14/14	—	W		17-7	68,526
10/22/15	—	W	@	20-3	70,799
11/22/15	—	W		29-13	68,993
9/25/16	—	W		37-18	69,010
1/1/17	—	W	@	25-23	70,178
9/17/17	—	W		12-9	68,729
11/26/17	—	W	@	24-13	70,134
12/2/18	—	W		43-16	69,009
12/16/18	—	*L	@	23-26	68,836
11/11/19	—	*W	@	27-24	71,404
12/29/19	—	L		21-26	69,162
11/1/20	—	W		37-27	0
1/3/21	—	W	#@	26-23	0
10/3/21	—	W	@	28-21	68,912
12/5/21	—	W		30-23	68,758
9/18/22	—	L	@	7-27	71,597
12/15/22	—	L		13-21	68,957
11/23/23	—	L		13-31	68,702
12/10/23	—	L	@	16-28	71,816
10/10/24	—	L		24-36	68,768
11/17/24	—	W	@	20-17	71,751

Played at State Farm Stadium in Glendale, Arizona.

Points: San Francisco 1,015 (19.5), Seattle 1,222 (23.5)

SERIES BREAKDOWN, continued

NFC EAST (27-20)

DALLAS COWBOYS (9-11)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886
11/6/11	—	L	@	13-23	81,510
9/16/12	—	W		27-7	68,008
10/12/14	—	L		23-30	68,432
11/1/15	—	W	@	13-12	91,486
12/24/17	—	W	@	21-12	92,150
9/23/18	—	W		24-13	69,047
9/27/20	—	W		38-31	0
11/30/23	—	L	@	35-41	93,367

Points: Dallas 496 (24.8), Seattle 401 (20.1)

NEW YORK GIANTS (11-11)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287
10/9/11	—	W	@	36-25	78,650
12/15/13	—	W	@	23-0	79,691
11/9/14	—	W		38-17	68,352
10/22/17	—	W	@	24-7	78,527
12/6/20	—	L		12-17	0
10/30/22	—	W		27-13	68,921
10/2/23	—	W	@	24-3	78,507
10/06/24	—	L		20-29	68,306

Points: N.Y. Giants 460 (20.9), Seattle 427 (19.4)

PHILADELPHIA EAGLES (12-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055
12/1/11	—	W		31-14	67,039
12/7/14	—	W	@	24-14	69,596
11/20/16	—	W		26-15	69,190
12/3/17	—	W		24-10	69,075
11/24/19	—	W	@	17-9	69,796
11/30/20	—	W	@	23-17	0
12/18/23	—	W		20-17	68,758

Points: Philadelphia 339 (17.8), Seattle 407 (21.4)

WASHINGTON COMMANDERS (7-13)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W	@	27-20	51,298
9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728
10/2/05	—	*L	@	17-20	90,215
11/23/08	—	L		17-20	67,771
11/27/11	—	L		17-23	66,007
10/6/14	—	W	@	27-17	79,522
11/5/17	—	L		14-17	68,927
12/20/20	—	W	@	20-15	0
11/29/21	—	L	@	15-17	52,680
11/12/23	—	W		29-26	68,721

Points: Washington 386 (19.3), Seattle 327 (16.4)

NFC NORTH (27-20)

CHICAGO BEARS (12-6)

12/5/76	—	L		7-34	60,510
11/5/78	—	W	@	31-29	50,697
12/12/82	—	W		20-14	52,826
9/23/84	—	W		38-9	61,520
12/20/87	—	W	@	34-21	62,518
9/9/90	—	L	@	0-17	64,400
9/19/99	—	W	@	14-13	66,944
10/19/03	—	W		24-17	65,671
10/1/06	—	L	@	6-37	62,225
11/18/07	—	W		30-23	68,249
9/27/09	—	L		19-25	67,938
10/17/10	—	W	@	23-20	62,137
12/18/11	—	W	@	38-14	61,542
12/2/12	—	*W	@	23-17	62,264
9/27/15	—	W		26-0	69,002
9/17/18	—	L	@	17-24	57,960
12/26/21	—	L		24-25	68,492
12/26/24	—	W	@	6-3	56,346

Points: Chicago 342 (19.0), Seattle 380 (21.1)

DETROIT LIONS (12-6)

10/24/76	—	L		14-41	61,280
9/24/78	—	W		28-16	56,781
12/2/84	—	W		38-17	62,441
10/18/87	—	W	@	37-14	8,310
12/30/90	—	W		30-10	50,681
10/17/93	—	L	@	10-30	60,801
10/17/96	—	L	@	16-17	51,194
9/12/99	—	L		20-28	66,238
11/16/03	—	W		35-14	65,865
9/10/06	—	W	@	9-6	60,535
11/8/09	—	W		32-20	67,003
10/28/12	—	L	@	24-28	63,497
10/5/15	—	W		13-10	69,005
10/28/18	—	W	@	28-14	65,237
1/2/22	—	W		51-29	68,043
10/2/22	—	W	@	48-45	63,920
9/17/23	—	*W	@	37-31	66,434
9/30/24	—	L	@	29-42	66,658

Points: Detroit 412 (22.9), Seattle 499 (27.7)

GREEN BAY PACKERS (8-13)

10/10/76	—	L	@	20-27	54,983
10/15/78	—	L	@	28-45	52,712
11/1/81	—	L	@	24-34	49,467
10/21/84	—	W	@	30-24	52,286
11/15/87	—	W		24-13	60,963
12/9/90	—	W	@	20-14	52,015
9/29/96	—	L		10-31	59,973
11/1/99	—	W	@	27-7	59,869
10/5/03	—	L	@	13-35	70,365
1/1/06	—	L	@	17-23	69,928
11/27/06	—	W		34-24	68,256
10/12/08	—	L		17-27	68,302
12/27/09	—	L	@	10-48	70,429
9/24/12	—	W		14-12	68,218
9/4/14	—	W		36-16	68,424
9/20/15	—	L	@	17-27	78,433
12/11/16	—	L	@	10-38	78,057
9/10/17	—	L	@	9-17	78,381
11/15/18	—	W		27-24	69,007
11/14/21	—	L	@	0-17	78,235
12/15/24	—	L		13-30	68,766

1981 & 1999 games played in Green Bay. 1976, 1978, 1984 & 1990 games played in Milwaukee. Games since 2003 played in Green Bay.

Points: Green Bay 533 (25.4), Seattle 400 (19.0)

MINNESOTA VIKINGS (12-7)

11/14/76	—	L	@	21-27	45,087
10/8/78	—	W		29-28	62,031
9/30/84	—	W	@	20-12	57,171
11/1/87	—	W		28-17	61,134
11/18/90	—	L		21-24	59,735
11/10/96	—	W		42-23	50,794
9/29/02	—	W		48-23	65,212
12/7/03	—	L	@	7-34	63,968
12/12/04	—	W	@	27-23	64,110
10/22/06	—	L		13-31	68,118
11/22/09	—	L	@	9-35	63,854
11/4/12	—	W		30-20	67,584
11/17/13	—	W		41-20	68,235
12/6/15	—	W	@	38-7	52,430
12/10/18	—	W		21-7	69,007
12/2/19	—	W		37-30	69,080
10/11/20	—	W		27-26	0
9/26/21	—	L	@	17-30	66,729
12/22/24	—	L		24-27	68,748

Points: Minnesota 444 (23.4), Seattle 500 (26.3)

SERIES BREAKDOWN, continued

NFC SOUTH (25-19)

ATLANTA FALCONS (13-7)

11/7/76	—	W		30-13	57,985
10/29/79	—	W	@	31-28	52,566
10/13/85	—	W		30-26	60,430
10/2/88	—	W	@	31-20	28,619
12/15/91	—	L	@	13-26	53,834
11/30/97	—	L		17-24	52,584
12/03/00	—	W	@	30-10	44,680
12/15/02	—	*W	@	30-24	69,551
1/2/05	—	W		28-26	66,740
9/18/05	—	W		21-18	66,030
12/30/07	—	L	@	41-44	64,925
12/19/10	—	L		18-34	67,101
10/2/11	—	L		28-30	66,266
11/10/13	—	W	@	33-10	70,309
10/16/16	—	W		26-24	69,071
11/20/17	—	L		31-34	69,026
10/27/19	—	W	@	27-20	71,483
9/13/20	—	W	@	38-25	0
9/25/22	—	L		23-27	68,773
10/20/24	—	W	@	34-14	70,691

Points: Atlanta 477 (23.9), Seattle 560 (28.0)

CAROLINA PANTHERS (9-4)

10/08/00	—	L	@	3-26	72,192
10/31/04	—	W		23-17	66,214
12/16/07	—	L	@	10-13	73,421
12/5/10	—	W		31-14	66,577
10/7/12	—	W	@	16-12	72,676
9/8/13	—	W	@	12-7	73,294
10/26/14	—	W	@	13-9	74,042
10/18/15	—	L		23-27	69,020
12/4/16	—	W		40-7	69,104
11/25/18	—	W	@	30-27	74,002
12/15/19	—	W	@	30-24	72,544
12/11/22	—	L		24-30	68,672
9/24/23	—	W		37-27	68,699

Points: Carolina 240 (18.5), Seattle 292 (22.5)

NEW ORLEANS SAINTS (6-10)

11/21/76	—	L		27-51	61,865
11/18/79	—	W		38-24	60,055
11/10/85	—	W	@	27-3	47,365
10/16/88	—	L		19-20	63,569
9/1/91	—	L	@	24-27	68,492
11/16/97	—	*L	@	17-20	50,493
9/17/00	—	W	+	20-10	59,513
9/7/03	—	W		27-10	52,250
9/12/04	—	W	@	21-7	64,900
10/14/07	—	L		17-28	68,296
11/21/10	—	L	@	19-34	70,015
12/2/13	—	W		34-7	68,387
10/30/16	—	L	@	20-25	73,188
9/22/19	—	L		27-33	69,005
10/25/21	—	L		10-13	68,563
10/9/22	—	L	@	32-39	70,003

Points: New Orleans 351 (21.9), Seattle 379 (23.7)

TAMPA BAY BUCCANEERS (9-6)

10/17/76	—	W	@	13-10	43,812
10/16/77	—	W		30-23	54,783
11/20/94	—	W		22-21	37,466
9/22/96	—	W	@	17-13	30,212
11/28/99	—	L		3-16	66,314
9/19/04	—	W	@	10-6	65,089
12/31/06	—	W	@	23-7	65,660
9/9/07	—	W		20-6	68,044
10/19/08	—	L	@	10-20	64,811
12/20/09	—	L		7-24	67,011
12/26/10	—	L	@	15-38	46,576
11/3/13	—	*W		27-24	67,873
11/27/16	—	L	@	5-14	63,674
11/3/19	—	W		40-34	68,948
11/13/22	—	L	#@	16-21	69,811

#2022 game was played in Munich, Germany's Allianz Arena.

Points: Tampa Bay 277 (18.5), Seattle 258 (17.2)

AFC WEST (12-13)

DENVER BRONCOS (21-35)

10/2/77	—	L		13-24	53,108
10/1/78	—	L	@	7-28	74,989
10/29/78	—	*L		17-20	62,948
9/23/79	—	L	@	34-37	74,879
12/8/79	—	W		28-23	60,038
11/23/80	—	L	@	20-36	73,274
12/21/80	—	L		17-25	51,853
9/13/81	—	W		13-10	58,513
12/13/81	—	L	@	13-23	74,527
11/21/82	—	W	@	17-10	73,916
1/2/83	—	W		13-11	43,145
11/6/83	—	W		27-19	61,189
11/20/83	—	L	@	27-38	74,710
11/25/84	—	W	@	27-24	74,922
12/15/84	—	L		14-31	64,411
10/20/85	—	*L	@	10-13	74,899
12/20/85	—	L		24-27	56,283
10/26/86	—	L	@	13-20	76,089
12/20/86	—	W		41-16	63,697
9/13/87	—	L	@	17-40	75,999
12/13/87	—	W		28-21	61,759
9/4/88	—	W	@	21-14	75,986
12/11/88	—	W		42-14	62,839
10/22/89	—	*L		21-24	62,353
11/26/89	—	L	@	14-41	75,117
9/23/90	—	*L	@	31-34	75,290
12/23/90	—	W		17-12	55,845
9/15/91	—	L	@	10-16	74,152
11/24/91	—	W		13-10	60,430
11/30/92	—	*W		16-13	51,612
12/20/92	—	L	@	6-10	72,570
10/31/93	—	L	@	17-28	73,644
11/28/93	—	L		9-17	57,812
10/9/94	—	L	+	9-16	63,872
11/13/94	—	L	@	10-17	71,290
10/1/95	—	W		27-10	49,914
12/10/95	—	W	@	31-27	71,488
9/8/96	—	L		20-30	43,671
12/1/96	—	L	@	7-34	74,982
9/7/97	—	L		14-35	55,859
11/2/97	—	L	@	27-30	74,212
10/11/98	—	L		16-21	66,258
12/27/98	—	L	@	21-28	74,057
11/14/99	—	W		20-17	66,314
12/19/99	—	*L	@	30-36	65,987
11/26/00	—	L	+	31-38	68,661
12/10/00	—	L	@	24-31	75,218
10/14/01	—	W	+	34-21	61,837
12/09/01	—	L	@	7-20	74,524
11/17/02	—	L		9-31	65,495
12/03/06	—	W	@	23-20	76,146
9/19/10	—	L	@	14-31	75,130
9/21/14	—	*W		26-20	68,447
9/9/18	—	L	@	24-27	76,761
9/12/22	—	W		17-16	68,695
9/8/24	—	W		26-20	68,714

Points: Denver 1,305 (23.3), Seattle 1,104 (19.7)

KANSAS CITY CHIEFS (19-34)

12/11/77	—	W	@	34-31	22,562
11/19/78	—	W	@	13-10	32,252
12/17/78	—	W		23-19	58,490
9/30/79	—	L		6-24	61,169
12/2/79	—	L	@	21-37	42,160
9/14/80	—	W	@	17-16	42,403
11/9/80	—	L		30-31	58,976
9/27/81	—	L		14-20	59,255
11/22/81	—	L	@	13-40	49,002
9/4/83	—	L	@	13-17	42,531
11/27/83	—	*W		51-48	56,795
11/4/84	—	W		45-0	61,396
12/9/84	—	L	@	7-34	34,855
9/29/85	—	L	@	7-28	50,485
12/1/85	—	W		24-6	52,655
9/14/86	—	W		23-17	61,068
11/9/86	—	L	@	7-27	53,268
9/20/87	—	W		43-14	61,667
12/27/87	—	L	@	20-41	20,370
9/11/88	—	W		31-10	61,512
11/20/88	—	L	@	24-27	33,152
10/8/89	—	L		16-20	60,715
11/5/89	—	L	@	10-20	54,489
10/21/90	—	W		19-7	60,358
11/11/90	—	W	@	17-16	71,285
9/22/91	—	L	@	13-20	71,789
12/1/91	—	L		6-19	57,248
9/13/92	—	L	@	7-26	75,125
11/22/92	—	L		14-24	49,867
12/5/93	—	L		16-31	58,551
1/2/94	—	L	@	24-34	72,136
10/23/94	—	L	@	23-38	78,847
11/27/94	—	W		10-9	54,120
9/3/95	—	L		10-34	47,564
12/24/95	—	L	@	3-26	75,784
9/15/96	—	L		17-35	39,970
10/17/96	—	L	@	16-34	76,057
9/28/97	—	*L	@	17-20	77,877
11/23/97	—	L		14-19	66,264
10/4/98	—	L	@	6-17	66,418
11/8/98	—	W		24-12	66,251
11/21/99	—	W	@	31-19	78,714
12/26/99	—	W		23-14	66,332
10/02/00	—	L	@	17-24	82,893
10/29/00	—	L	+	19-24	62,141
11/25/01	—	L	@	7-19	77,357
1/06/02	—	W	+	21-18	58,460
11/24/02	—	W		39-32	56,250
10/29/06	—	L	@	28-35	77,645
11/28/10	—	L		24-42	66,370
11/16/14	—	L	@	20-24	76,463
12/23/18	—	W		38-31	69,067
12/24/22	—	L	@	10-24	73,331

Points: Kansas City 1,264 (23.8), Seattle 1,025 (19.3)

LAS VEGAS RAIDERS (25-29)

11/6/77	—	L	@	7-44	50,929
10/22/78	—	W		27-7	62,529
11/26/78	—	W	@	17-16	52,978
9/16/79	—	W		27-10	61,602
12/16/79	—	W	@	29-24	53,177
10/26/80	—	L	@	14-33	50,185
11/17/80	—	L		17-19	60,480
9/20/81	—	L	@	10-20	45,725
11/29/81	—	L		31-32	57,147
12/5/82	—	L	@	23-28	42,170
10/16/83	—	W		38-36	60,697
10/30/83	—	W	@	34-21	49,708
10/7/84	—	L	@	14-28	77,904
11/12/84	—	W		17-14	64,011

SERIES BREAKDOWN, continued

LAS VEGAS RAIDERS (25-29) CONTINUED

11/3/85	—	W		33-3	64,060
12/15/85	—	L	@	3-13	77,425
10/12/86	—	L	@	10-14	70,635
12/8/86	—	W		37-0	62,923
10/25/87	—	W	@	35-13	52,735
11/30/87	—	L		14-37	62,802
11/28/88	—	W		35-27	62,641
12/18/88	—	W	@	43-37	61,127
10/1/89	—	W	@	24-20	44,319
12/17/89	—	W		23-17	61,076
9/16/90	—	L		13-17	61,889
10/14/90	—	L	@	17-24	50,624
10/13/91	—	*L		20-23	61,974
11/17/91	—	L	@	7-31	49,317
10/18/92	—	L		0-19	56,904
11/15/92	—	L	@	3-20	46,862
9/12/93	—	L		13-17	58,836
12/12/93	—	L	@	23-27	38,161
9/11/94	—	W	@	38-9	47,319
12/11/94	—	L		16-17	53,301
10/8/95	—	L	@	14-34	50,213
12/17/95	—	W		44-10	58,428
11/24/96	—	L		21-27	47,506
12/22/96	—	W	@	28-21	33,455
10/26/97	—	W		45-34	66,264
12/14/97	—	W	@	22-21	40,124
11/1/98	—	L		18-31	66,246
11/15/98	—	L	@	17-20	51,527
10/3/99	—	W		22-21	66,400
12/5/99	—	L	@	21-30	44,716
10/22/00	—	L	@	3-31	57,490
12/16/00	—	W	+	27-24	68,681
9/30/01	—	L	@	14-38	54,629
11/11/01	—	W	+	34-27	67,231
9/8/02	—	L	@	17-31	53,260
11/6/06	—	W		16-0	67,816
10/31/10	—	L	@	3-33	35,721
11/2/14	—	W		30-24	68,337
10/14/18	—	W	#@	27-3	84,922
11/27/22	—	*L		34-40	68,849

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995. Moved to Las Vegas in 2020. #2018 game was played in London's Wembley Stadium.

Points: Las Vegas 1,217 (22.5), Seattle 1,169 (21.6)

LOS ANGELES CHARGERS (27-25)

11/27/77	—	L		28-30	55,338
9/3/78	—	L		20-24	55,778
12/10/78	—	L	@	10-37	49,975
9/2/79	—	L		16-33	62,287
10/14/79	—	L	@	10-20	50,077
9/7/80	—	L		13-34	62,042
12/13/80	—	L	@	14-21	49,980
10/4/81	—	L	@	10-24	51,463
11/16/81	—	W		44-23	58,628
9/18/83	—	W		34-31	61,714
10/9/83	—	L	@	21-28	49,132
9/9/84	—	W		31-17	61,314
10/29/84	—	W	@	24-0	53,974
9/15/85	—	W	@	49-35	54,420
10/6/85	—	W		26-21	61,300
10/6/86	—	W		33-7	63,207
12/14/86	—	W	@	34-24	47,096
11/22/87	—	W		34-3	62,444
9/18/88	—	L	@	6-17	44,449
10/30/88	—	W		17-14	59,641
10/15/89	—	W	@	17-16	50,079
10/29/89	—	W		10-7	59,961
11/4/90	—	L		14-31	59,646
11/25/90	—	*W	@	13-10	50,097
10/27/91	—	W		20-9	58,025
11/10/91	—	L	@	14-17	43,597
10/4/92	—	L	@	6-17	36,783
12/27/92	—	L		14-31	49,324
9/5/93	—	L	@	12-18	58,039
10/3/93	—	W		31-14	54,778
9/18/94	—	L	+	10-24	65,536
10/30/94	—	L	@	15-35	59,001
9/10/95	—	L	@	10-14	54,420
10/22/95	—	L		25-35	45,821
9/1/96	—	L	@	7-29	58,780
10/27/96	—	W		32-13	38,143
9/21/97	—	W		26-22	51,110
11/9/97	—	W	@	37-31	64,616
10/25/98	—	W	@	27-20	58,512
12/13/98	—	W		38-17	62,690
10/17/99	—	L	@	10-13	59,432
12/12/99	—	L		16-19	66,318
9/24/00	—	W	@	20-12	47,233
11/05/00	—	W	+	17-15	59,884
12/2/01	—	*W	+	13-10	55,466
12/30/01	—	W	@	25-22	51,412
12/29/02	—	*W	@	31-28	52,159
12/24/06	—	L		17-20	68,174
9/26/10	—	W		27-20	67,106
9/14/14	—	L	@	21-30	67,916
11/4/18	—	L		17-25	68,989
10/23/22	—	W	@	37-23	70,240

Franchise moved from San Diego to Los Angeles in 2017.

Points: L.A. 1,090 (21.0), Seattle 1,103 (21.2)

AFC EAST (16-9)

BUFFALO BILLS (8-7)

10/30/77	—	W		56-17	61,180
10/14/84	—	W		31-28	59,034
11/6/88	—	L		3-13	61,074
12/4/89	—	W		17-16	57,682
10/15/95	—	L	@	21-27	74,362
12/1/96	—	W		26-18	41,373
10/24/99	—	W		26-16	66,301
12/23/00	—	L	+	23-42	61,025
11/18/01	—	W	@	23-20	60,836
11/28/04	—	L		9-38	66,271
9/7/08	—	L	@	10-34	71,194
12/16/12	—	W	%@	50-17	40,770
11/7/16	—	W		31-25	69,084
11/8/20	—	L	@	34-44	0
10/27/24	—	L		10-31	68,704

Points: Buffalo 386 (25.7), Seattle 370 (24.7)

MIAMI DOLPHINS (6-8)

10/23/77	—	L	@	13-31	29,855
9/9/79	—	L	@	10-19	56,233
10/4/87	—	W		24-20	19,448
12/16/90	—	L	@	17-24	57,851
9/27/92	—	L		17-19	59,374
10/6/96	—	W	@	22-15	59,539
9/3/00	—	L	@	0-23	72,949
10/28/01	—	L	+	20-24	59,108
11/21/04	—	W		24-17	66,644
11/9/08	—	L	@	19-21	64,862
11/25/12	—	L	@	21-24	51,295
9/11/16	—	W		12-10	69,012
10/4/20	—	W	@	31-23	12,369
9/22/24	—	W		24-3	68,658

Points: Miami 273 (19.5), Seattle 254 (18.1)

NEW ENGLAND PATRIOTS (11-8)

10/9/77	—	L	@	0-31	45,929
9/21/80	—	L		31-37	61,035
12/19/82	—	L		0-16	53,457
12/18/83	—	W		24-6	59,688
9/16/84	—	L	@	23-38	43,140
11/17/85	—	L		13-20	60,345
9/21/86	—	W	@	38-31	58,977
12/4/88	—	L	@	7-13	59,068
9/24/89	—	W	@	24-3	48,025
10/7/90	—	W	@	33-20	39,735
9/20/92	—	W	@	10-6	42,327
9/19/93	—	W	@	17-14	50,392
10/24/93	—	W		10-9	56,526
10/17/04	—	L	@	20-30	68,756
12/7/08	—	L		21-24	68,077
10/14/12	—	W		24-23	68,137
11/13/16	—	W	@	31-24	66,829
9/20/20	—	W		35-30	0
9/15/24	—	*W	@	23-20	64,686

Points: New England 395 (20.8), Seattle 384 (20.2)

NEW YORK JETS (14-8)

11/13/77	—	W	@	17-0	43,973
9/17/78	—	W	@	24-17	46,911
11/26/79	—	W		30-7	59,977
10/19/80	—	W	@	27-17	52,496
10/25/81	—	W	@	19-3	49,678
12/6/81	—	W		27-23	53,105
9/11/83	—	W	@	17-10	50,066
10/27/85	—	L	@	14-17	69,320
11/28/86	—	L		7-38	62,497
11/9/87	—	L	@	14-30	60,452
9/8/91	—	W		20-13	56,770
11/26/95	—	L		10-16	41,160
8/31/97	—	L		3-41	53,893
12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181
11/11/12	—	W		28-7	67,841
10/2/16	—	W	@	27-17	78,160
12/13/20	—	W		40-3	0
1/1/23	—	W		23-6	68,827
12/1/24	—	W	@	26-21	81,084

Points: N.Y. Jets 377 (17.1), Seattle 440 (20.0)

SERIES BREAKDOWN, continued

AFC NORTH (12-13)

BALTIMORE RAVENS (3-4)

12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164
11/13/11	—	W		22-17	66,522
12/13/15	—	W	@	35-6	71,179
10/20/19	—	L		16-30	69,012
11/5/23	—	L	@	3-37	70,753

Points: Baltimore 171 (24.4), Seattle 168 (24.0)

CINCINNATI BENGALS (10-11)

9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L	@	10-24	55,330
11/18/84	—	W	@	26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110
10/30/11	—	L		12-34	66,004
10/11/15	—	*L	@	24-27	65,004
09/08/19	—	W		21-20	68,710
10/15/23	—	L	@	13-17	66,385

Points: Cincinnati 452 (21.5), Seattle 408 (19.4)

CLEVELAND BROWNS (14-6)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	W	@	9-6	72,318
11/30/03	—	W		34-7	64,680
11/4/07	—	*L	@	30-33	72,927
10/23/11	—	L	@	3-6	66,350
12/20/15	—	W		30-13	69,002
10/13/19	—	W	@	32-28	67,431
10/29/23	—	W		24-20	68,807

Franchise suspended in 1996 and re-activated in 1999.

Points: Cleveland 338 (16.9), Seattle 452 (22.6)

PITTSBURGH STEELERS (10-10)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478
9/18/11	—	L	@	0-24	63,663
11/29/15	—	W		39-30	69,055
9/15/19	—	W	@	28-26	65,063
10/17/21	—	*L	@	20-23	60,821
12/31/23	—	L		23-30	68,735

Points: Pittsburgh 351 (17.6), Seattle 389 (19.5)

AFC SOUTH (13-8)

HOUSTON TEXANS (4-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756
10/29/17	—	W		41-38	69,025
12/12/21	—	W	@	33-13	67,610

Points: Houston 115 (23.0), Seattle 146 (29.2)

INDIANAPOLIS COLTS (6-7)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112
10/6/13	—	L	@	28-34	66,608
10/1/17	—	W		46-18	68,872
9/12/21	—	W	@	28-16	63,347

Franchise moved from Baltimore to Indianapolis in 1984.

Points: Indianapolis 275 (21.2), Seattle 322 (24.8)

JACKSONVILLE JAGUARS (6-3)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524
9/11/05	—	L	@	14-26	65,204
10/11/09	—	W		41-0	67,228
9/22/13	—	W		45-17	68,087
12/10/17	—	L	@	24-30	64,431
10/31/21	—	W		31-7	67,243

Points: Jacksonville 166 (18.4), Seattle 267 (29.7)

TENNESSEE TITANS (11-7)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002
10/13/13	—	W		20-13	68,127
9/24/17	—	L	@	27-33	69,127
9/19/21	—	*L		30-33	68,585
12/24/23	—	W	@	20-17	60,181

Franchise moved from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 357 (19.8), Seattle 375 (20.8)

RECORD VS. DIVISION (1976-2001)

AFC EAST (26-27)

Buffalo (6-3)
Indianapolis (3-5)
Miami (2-6)
New England (7-6)
New York Jets (8-7)

AFC CENTRAL (29-17)

Baltimore (0-1)
Cleveland (10-4)
Cincinnati (8-7)
Jacksonville (3-1)
Tennessee (8-4)

AFC WEST (80-110)

Denver (17-32)
Kansas City (17-30)
Oakland (22-26)
San Diego (24-22)

NFC EAST (13-27)

Arizona (1-5)
Dallas (2-5)
New York Giants (3-6)
Philadelphia (3-5)
Washington (4-6)

NFC CENTRAL (21-13)

Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)
Tampa Bay (4-1)

NFC WEST (12-16)

Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)
San Francisco (2-4)

YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	1-3-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	5-3-0	8-4-0	4-0-0	1-1
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
2009	5	11	0	.313	280	390	3rd	4-4-0	1-7-0	3-3-0	1-3-0	4-8-0	---
2010	7	9	0	.438	310	407	1st	5-3-0	2-6-0	4-2-0	1-3-0	6-6-0	1-1
2011	7	9	0	.438	321	315	3rd	4-4-0	3-5-0	3-3-0	1-3-0	6-6-0	---
2012	11	5	0	.688	412	245	2nd	8-0-0	3-5-0	3-3-0	3-1-0	8-4-0	1-1
2013	13	3	0	.813	417	231	1st	7-1-0	6-2-0	4-2-0	3-1-0	10-2-0	3-0
2014	12	4	0	.750	394	254	1st	7-1-0	5-3-0	5-1-0	2-2-0	10-2-0	2-1
2015	10	6	0	.625	423	277	2nd	5-3-0	5-3-0	3-3-0	3-1-0	7-5-0	1-1
2016	10	5	1	.656	354	292	1st	7-1-0	3-4-1	3-2-1	4-0-0	6-5-1	1-1
2017	9	7	0	.563	366	332	2nd	4-4-0	5-3-0	4-2-0	2-2-0	7-5-0	---
2018	10	6	0	.625	428	347	2nd	6-2-0	4-4-0	3-3-0	2-2-0	8-4-0	0-1
2019	11	5	0	.688	405	398	2nd	4-4-0	7-1-0	3-3-0	3-1-0	8-4-0	1-1
2020	12	4	0	.750	459	371	1st	7-1-0	5-3-0	4-2-0	3-1-0	9-3-0	0-1
2021	7	10	0	.412	395	366	4th	3-5-0	4-5-0	3-3-0	3-2-0	4-8-0	---
2022	9	8	0	.529	407	401	2nd	5-4-0	4-4-0	4-2-0	3-2-0	6-6-0	0-1
2023	9	8	0	.529	364	402	3rd	5-3-0	4-5-0	2-4-0	2-3-0	7-5-0	---
2024	10	7	0	.588	375	368	2nd	3-6-0	7-1-0	4-2-0	4-1-0	6-6-0	---
	402	**373**	**1**	**.519**	**16,885**	**16,417**		**233-156-0**	**169-217-1**	**163-168-1**	**196-203-0**	**206-170-1**	**17-19**

* Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle moved back to the NFC West in 2002.

+ Conference finish. Schedule shortened to nine games because of players' strike.

^ Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was canceled and games 3-5 were played with replacement players.

VS. THE NFL

	Total	Regular Season — Home	Regular Season — Road	OT	Post-season	Pre-season
Arizona	29-22-1	15-12	14-10-1	0-4-1	0-0	9-5
Arizona	29-20-1	15-11	14-9-1	0-4-1	0-0	7-3
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	13-7	5-5	8-2	1-0	0-2	2-0
Baltimore	3-4	2-1	1-3	0-1	0-0	0-0
Buffalo	8-7	6-4	2-3	0-0	0-0	2-1
Carolina	9-4	4-2	5-2	0-0	2-1	0-0
Chicago	12-6	5-3	7-3	1-0	0-2	3-2
Cincinnati	10-11	5-4	5-7	0-2	0-1	1-0
Cleveland	14-6	9-3	5-3	0-1	0-0	1-0
Dallas	9-11	5-4	4-7	0-0	1-1	5-3
Denver	21-35	16-13	5-22	2-5	2-0	4-11
Detroit	12-6	7-2	5-4	1-0	1-0	5-2
Green Bay	8-13	5-3	3-10	0-0	1-3	3-3
Houston	4-1	2-0	2-1	1-0	0-0	0-0
Indianapolis	6-7	4-4	2-3	0-0	0-0	9-10
Indianapolis	6-5	4-2	2-3	0-0	0-0	8-10
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	6-3	4-0	2-3	0-0	0-0	0-0
Kansas City	19-34	14-12	5-22	1-1	0-0	7-1
Las Vegas	25-29	15-11	10-18	0-2	1-1	13-6
Oakland	14-14	9-4	5-11	0-0	0-0	13-5
Los Angeles	11-14	6-6	5-7	0-1	1-1	0-0
Las Vegas	0-1	0-1	0-0	0-1	0-0	0-1
L.A. Chargers	27-25	16-11	11-14	3-0	0-0	14-5
Los Angeles	1-1	0-1	1-0	0-0	0-0	4-1
San Diego	26-24	16-10	10-14	3-0	0-0	10-4
L.A. Rams	28-25	17-10	11-15	1-3	0-2	2-6
Los Angeles	8-15	5-7	3-8	1-1	0-1	1-6
St. Louis	20-10	12-3	8-7	0-2	0-1	1-0
Miami	6-8	4-2	2-6	0-0	1-2	0-1
Minnesota	12-7	9-3	3-4	0-0	1-0	9-10
New England	11-8	4-4	7-4	1-0	0-1	1-1
New Orleans	6-10	4-5	2-5	0-1	2-0	3-0
N.Y. Giants	11-11	6-5	5-6	1-0	0-0	0-0
N.Y. Jets	14-8	7-3	7-5	0-0	0-0	0-0
Philadelphia	12-7	6-5	6-2	0-1	1-0	0-0
Pittsburgh	10-10	7-2	3-8	0-1	0-1	0-1
San Francisco	30-22	16-11	14-11	1-2	1-1	13-15
Tampa Bay	9-6	5-2	4-4	2-0	0-0	3-0
Tennessee	11-7	7-3	4-4	1-1	0-1	3-1
Tennessee	5-3	3-2	2-1	0-1	0-0	2-1
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	7-13	2-7	5-6	0-1	3-0	0-0
TOTALS	**402-373-1**	**233-156**	**169-217-1**	**17-26-1**	**17-19**	**112-84**

RECORD BY MONTH

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
2015		1-2	2-2	3-1	3-1	1-0	10-6
2016		2-1	2-1-1	3-1	2-2	1-0	10-5-1
2017		1-2	4-0	2-2	2-3		9-7
2018		2-2	2-1	2-2	4-1		10-6
2019		3-1	3-1	3-0	2-3		11-5
2020		3-0	2-1	3-2	3-1	1-0	12-4
2021		1-2	2-3	0-3	2-2	2-0	7-10
2022		1-2	4-1	1-2	1-3	2-0	9-8
2023		2-1	3-1	1-4	2-2	1-0	9-8
2024		3-1	1-3	2-1	3-2	1-0	10-7
Total	**0-1**	**88-84**	**95-96-1**	**101-97**	**105-90**	**13-5**	**402-373-1**

INCLUDING PLAYOFFS

Yr.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Post.
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
2017		1-2	4-0	2-2	2-3		9-7	
2018		2-2	2-1	2-2	4-1	0-1*	10-7*	0-1
2019		3-1	3-1	3-0	2-3	1-1*	12-6*	1-1
2020		3-0	2-1	3-2	3-1	1-1*	12-5*	0-1
2021		1-2	2-3	0-3	2-2	2-0	7-10	
2022		1-2	4-1	1-2	1-3	2-1*	9-9*	0-1
2023		2-1	3-1	1-4	2-2	1-0	9-8	
2024		3-1	1-3	2-1	3-2	1-0	10-7	
Total	**0-1**	**88-84**	**95-96-1**	**101-97**	**108-92***	**27-22***	**419-392-1***	**17-19**

***** includes playoffs

PRIMETIME RECORD (68-44-1)

MONDAY NIGHT FOOTBALL (30-13)

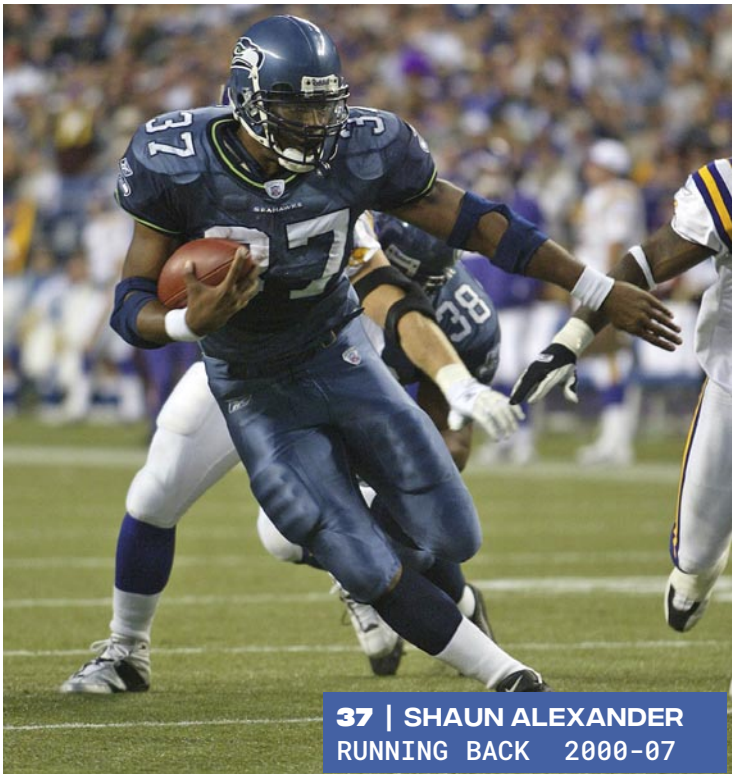
Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	vs. L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington
October 5, 2015	W	13-10	vs. Detroit
November 7, 2016	W	31-25	vs. Buffalo
November 20, 2017	L	34-31	vs. Atlanta
September 17, 2018	L	24-17	at Chicago
December 10, 2018	W	21-7	vs. Minnesota
November 11, 2019	W	27-24 (OT)	at San Francisco
December 2, 2019	W	37-30	vs. Minnesota
November 30, 2020	W	23-17	at Philadelphia
October 25, 2021	L	13-10	vs. New Orleans
November 29, 2021	L	17-15	at Washington
September 12, 2022	W	17-16	vs. Denver
October 2, 2023	W	24-3	at N.Y. Giants
December 18, 2023	W	20-17	vs. Philadelphia
September 30, 2024	L	42-29	at Detroit

PRIMETIME RECORD (68-44-1)

THURSDAY-SUNDAY NIGHT (38-31-1)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October, 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFLN	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFLN	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFLN	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFLN	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona
Sunday, September 20, 2015	NBC	L	27-17	at Green Bay
Thursday, October 22, 2015	NFLN	W	20-3	at San Francisco
Sunday, November 15, 2015	NBC	L	39-32	vs. Arizona
Sunday, October 23, 2016	NBC	T	6-6 (OT)	at Arizona
Sunday, November 13, 2016	NBC	W	31-24	at New England
Sunday, December 4, 2016	NBC	W	40-7	vs. Carolina
Thursday, December 15, 2016	NBC/NFLN Twitter	W	24-3	vs. L.A. Rams
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN Amazon	W	22-16	at Arizona
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
Thursday, November 15, 2018	FOX/NFLN Amazon	W	27-24	vs. Green Bay
Sunday, December 23, 2018	NBC	W	38-31	vs. Kansas City
Thursday, October 3, 2019	FOX/NFLN Amazon	W	30-29	vs. L.A. Rams
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco
Sunday, September 20, 2020	NBC	W	35-30	vs. New England
Sunday, October 11, 2020	NBC	W	27-26	vs. Minnesota
Sunday, October 25, 2020	NBC	L	37-34 (OT)	at Arizona
Thursday, November 19, 2020	FOX/NFLN Amazon	W	28-21	vs. Arizona
Thursday, October 7, 2021	FOX/NFLN Amazon	L	26-17	vs. L.A. Rams
Sunday, October 17, 2021	NBC	L	23-20 (OT)	at Pittsburgh
Tuesday, December 21, 2021	FOX	L	20-10	at L.A. Rams
Thursday, December 15, 2022	Amazon	L	21-13	vs. San Francisco
Thursday, November 23, 2023*	NBC	L	31-13	vs. San Francisco
Thursday, November 30, 2023	Amazon	L	41-35	at Dallas
Thursday, October 10, 2024	Amazon	L	36-24	vs. San Francisco
Sunday, December 15, 2024	NBC	L	30-13	vs. Green Bay
Thursday, December 26, 2024	Amazon	W	6-3	at Chicago

*Thanksgiving Day Game



37 | SHAUN ALEXANDER
RUNNING BACK 2000-07

ATTENDANCE TOP 10

HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	Lumen Field	Nov. 20, 2016	W	26-15
2	69,162	San Francisco	Lumen Field	Dec. 29, 2019	L	26-21
3	69,104	Carolina	Lumen Field	Dec. 4, 2016	W	40-7
4	69,084	Buffalo	Lumen Field	Nov. 7, 2016	W	31-25
5	69,080	St. Louis	Lumen Field	Dec. 27, 2015	L	23-17
	69,080	Minnesota	Lumen Field	Dec. 2, 2019	W	37-30
7	69,078	Arizona	Lumen Field	Dec. 31, 2017	L	26-24
8	69,077	L.A. Rams	Lumen Field	Dec. 17, 2017	L	42-7
9	69,075	Philadelphia	Lumen Field	Dec. 3, 2017	W	24-10
10	69,071	Atlanta	Lumen Field	Oct. 16, 2016	W	26-24

ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	94,327*	Dallas	AT&T Stadium	Jan. 5, 2019	L	24-22
2	93,367	Dallas	AT&T Stadium	Nov. 30, 2023	L	41-35
3	92,150	Dallas	AT&T Stadium	Dec. 24, 2017	W	21-12
4	91,486	Dallas	AT&T Stadium	Nov. 1, 2015	W	13-12
5	91,046	L.A. Rams	Memorial Coliseum	Sept. 18, 2016	L	9-3
6	90,215	Washington	FedEx Field	Oct. 2, 2005	L	20-17^
7	88,734*	L.A. Raiders	Memorial Coliseum	Jan. 8, 1983	L	30-14
8	84,325*	Washington	FedEx Field	Jan. 6, 2013	W	24-14
9	82,893	Kansas City	Arrowhead Stadium	Oct. 2, 2000	L	24-17
10	82,352	Washington	FedEx Field	Nov. 4, 2001	L	27-14

* Playoff game; ^ Overtime

NEUTRAL SITE ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	84,922*	Oakland	Wembley Stadium	Oct. 14, 2018	W	27-3
2	82,529^	Denver	MetLife Stadium	Feb. 2, 2014	W	43-8
3	70,288!	New England	Univ. of Phoenix Stad.	Feb. 1, 2015	L	28-24
4	69,811+	Tampa Bay	Allianz Arena	Nov. 13, 2022	L	21-16
5	68,206#	Pittsburgh	Ford Field	Feb. 5, 2006	L	21-10
6	40,770<	Buffalo	Rogers Centre	Dec. 16, 2012	W	50-17

* NFL London Series, ^ Super Bowl XLVIII, + NFL Munich Series

! Super Bowl XLIX, # Super Bowl XL, < NFL Toronto Series

WEATHER TOP 10

COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	-6*%	at Minnesota	January 10, 2016	W	10-9
2	12	at Kansas City	December 24, 2022	L	24-10
3	16	at Denver	December 3, 2006	W	23-20
4	18	at Green Bay	December 27, 2009	L	48-10
5	20*	at Green Bay	January 4, 2004	L	33-27^
6	21	at Kansas City	November 16, 2014	L	24-20
7	22	at Denver	December 10, 2000	L	31-24
8	24*	at Chicago	January 16, 2011	L	35-24
9	25	vs. Chicago	December 26, 2021	L	25-24
10	26	at Green Bay	December 11, 2016	L	38-10
	26	at Pittsburgh	December 6, 1992	L	20-14

* Playoff game; % Third-coldest game in NFL history; ^Overtime

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at L.A. Rams	September 18, 2016	L	9-3
	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
	88	at Tennessee	September 24, 2017	L	33-27
	88	at San Francisco	October 3, 2021	W	28-21

RECORD BY STARTING QB

BY YEAR

1976	
Jim Zorn	2-12

1977	
Jim Zorn	4-6
Steve Myer	1-3

1978	
Jim Zorn	9-7

1979	
Jim Zorn	9-7

1980	
Jim Zorn	4-12

1981	
Jim Zorn	4-9
Dave Krieg	2-1

1982	
Jim Zorn	4-3
Dave Krieg	0-2

1983	
Jim Zorn	4-4
Dave Krieg	5-3

1984	
Dave Krieg	12-4

1985	
Dave Krieg	8-8

1986	
Dave Krieg	10-4
Gale Gilbert	0-2

1987	
Dave Krieg	7-5
Jeff Kemp	1-0
Bruce Mathison	1-1

1988	
Dave Krieg	6-3
Kelly Stouffer	3-3
Jeff Kemp	0-1

1989	
Dave Krieg	7-7
Kelly Stouffer	0-2

1990	
Dave Krieg	9-7

1991	
Dave Krieg	4-5
Jeff Kemp	2-3
Dan McGwire	1-0
Kelly Stouffer	0-1

1992	
Stan Gelbaugh	0-8
Kelly Stouffer	2-5
Dan McGwire	0-1

1993	
Rick Mirer	6-10

1994	
Rick Mirer	5-8
Dan McGwire	1-2

1995	
Rick Mirer	7-6
John Friesz	1-2

1996	
Rick Mirer	2-7
John Friesz	4-2
Stan Gelbaugh	1-0

1997	
Warren Moon	7-7
John Friesz	0-1
Jon Kitna	1-0

1998	
Warren Moon	4-6
Jon Kitna	3-2
John Friesz	1-0

1999	
Jon Kitna	8-7
Glenn Foley	1-0

2000	
Jon Kitna	6-6
Brock Huard	0-4

2001	
Matt Hasselbeck	5-7
Trent Dilfer	4-0

2002	
Matt Hasselbeck	5-5
Trent Dilfer	2-4

2003	
Matt Hasselbeck	10-6

2004	
Matt Hasselbeck	7-7
Trent Dilfer	2-0

2005	
Matt Hasselbeck	13-3

2006	
Matt Hasselbeck	7-5
Seneca Wallace	2-2

2007	
Matt Hasselbeck	10-6

2008	
Seneca Wallace	3-5
Matt Hasselbeck	1-6
Charlie Frye	0-1

2009	
Matt Hasselbeck	5-9
Seneca Wallace	0-2

2010	
Matt Hasselbeck	6-8
Charlie Whitehurst	1-1

2011	
Tarvaris Jackson	7-7
Charlie Whitehurst	0-2

2012	
Russell Wilson	11-5

2013	
Russell Wilson	13-3

2014	
Russell Wilson	12-4

2015	
Russell Wilson	10-6

2016	
Russell Wilson	10-5-1

2017	
Russell Wilson	9-7

2018	
Russell Wilson	10-6

2019	
Russell Wilson	11-5

2020	
Russell Wilson	12-4

2021	
Russell Wilson	6-8
Geno Smith	1-2

2022	
Geno Smith	9-8

2023	
Geno Smith	8-7
Drew Lock	1-1

2024	
Geno Smith	10-7

BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Postseason
Russell Wilson	113-60-1	104-53-1	9-7
Matt Hasselbeck	74-68	69-62	5-6
Dave Krieg	73-53	70-49	3-4
Jim Zorn	40-60	40-60	
Geno Smith	28-25	28-24	0-1
Rick Mirer	20-31	20-31	
Jon Kitna	18-16	18-15	0-1
Warren Moon	11-13	11-13	
Trent Dilfer	8-4	8-4	
Tarvaris Jackson	7-7	7-7	
John Friesz	6-5	6-5	
Seneca Wallace	5-9	5-9	
Kelly Stouffer	5-11	5-11	
Jeff Kemp	3-4	3-4	
Dan McGwire	2-3	2-3	
Glenn Foley	1-0	1-0	
Drew Lock	1-1	1-1	
Bruce Mathison	1-1	1-1	
Steve Myer	1-3	1-3	
Charlie Whitehurst	1-3	1-3	
Stan Gelbaugh	1-8	1-8	
Charlie Frye	0-1	0-1	
Gale Gilbert	0-2	0-2	
Brock Huard	0-4	0-4	

PRESEASON RESULTS

1976 • PRESEASON (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977 • PRESEASON (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978 • PRESEASON (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979 • PRESEASON (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980 • PRESEASON (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981 • PRESEASON (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982 • PRESEASON (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983 • PRESEASON (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984 • PRESEASON (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985 • PRESEASON (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986 • PRESEASON (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987 • PRESEASON (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988 • PRESEASON (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989 • PRESEASON (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990 • PRESEASON (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991 • PRESEASON (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992 • PRESEASON (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993 • PRESEASON (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994 • PRESEASON (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995 • PRESEASON (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996 • PRESEASON (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

PRESEASON RESULTS, continued

1997 • PRESEASON (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco 49ers	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998 • PRESEASON (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999 • PRESEASON (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000 • PRESEASON (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001 • PRESEASON (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

2002 • PRESEASON (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003 • PRESEASON (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004 • PRESEASON (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005 • PRESEASON (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006 • PRESEASON (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007 • PRESEASON (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008 • PRESEASON (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

2009 • PRESEASON (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

2010 • PRESEASON (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957

2011 • PRESEASON (2-2)

Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	20-7	Minnesota Vikings	65,599
Sat.	8/27	L	23-20	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

2012 • PRESEASON (4-0)

Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

2013 • PRESEASON (4-0)

Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay Packers	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341

2014 • PRESEASON (2-2)

Thurs.	8/7	L	21-16	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	41-31	at Oakland Raiders	50,831

2015 • PRESEASON (2-2)

Fri.	8/14	L	22-20	Denver Broncos	68,677
Fri.	8/21	L	14-13	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032

2016 • PRESEASON (3-1)

Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	18-11	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

2017 • PRESEASON (4-0)

Sun.	8/13	W	48-17	at L.A. Chargers	21,054
Fri.	8/18	W	20-13	Minnesota Vikings	68,550
Fri.	8/25	W	26-13	Kansas City Chiefs	68,541
Thurs.	8/31	W	17-13	at Oakland Raiders	53,812

2018 • PRESEASON (0-4)

Thurs.	8/9	L	19-17	Indianapolis Colts	68,418
Sat.	8/18	L	24-14	at L.A. Chargers	23,211
Fri.	8/24	L	21-20	at Minnesota Vikings	66,676
Thurs.	8/30	L	30-19	Oakland Raiders	68,554

2019 • PRESEASON (3-1)

Thurs.	8/8	W	22-14	Denver Broncos	68,295
Sun.	8/18	L	25-19	at Minnesota Vikings	66,636
Sat.	8/24	W	23-15	at L.A. Chargers	23,377
Thurs.	8/29	W	17-15	Oakland Raiders	68,461

2020 • PRESEASON (0-0)

No games played due to the COVID-19 pandemic.

2021 • PRESEASON (1-2)

Sat.	8/14	L	20-7	at Las Vegas Raiders	50,101
Sat.	8/21	L	30-3	Denver Broncos	68,027
Sat.	8/28	W	27-0	L.A. Chargers	68,003

2022 • PRESEASON (0-3)

Sat.	8/13	L	32-25	at Pittsburgh Steelers	48,197
Thurs.	8/18	L	27-11	Chicago Bears	68,305
Fri.	8/26	L	27-26	at Dallas Cowboys	81,598

2023 • PRESEASON (2-1)

Thurs.	8/10	W	24-13	Minnesota Vikings	68,179
Sat.	8/19	W	22-14	Dallas Cowboys	68,458
Sat.	8/26	L	19-15	at Green Bay Packers	72,105

2024 • PRESEASON (2-1)

Sat.	8/10	W	16-3	at Los Angeles Chargers	65,600
Sat.	8/17	L	16-15	at Tennessee Titans	60,200
Sat	8/24	W	37-34	Cleveland Browns	68,190

*Game played at Husky Stadium

CAREER TOP 10

GAMES PLAYED

	Player, Seasons	No.
1	Joe Nash, 1982-96	218
2	Mack Strong, 1994-07	201
3	Steve Largent, 1976-89	200
4	Walter Jones, 1997-2009	180
5	Jacob Green, 1980-91	178
6	Jeff Bryant, 1982-93	175
7	Eugene Robinson, 1985-95	170
8	Bobby Wagner, 2012-21, 23	168
9	Cortez Kennedy, 1990-00	167
10	Tyler Lockett, 2015-24	161

GAMES STARTED

	Player, Seasons	No.
1	Steve Largent, 1976-89	197
2	Walter Jones, 1997-2009	180
3	Jacob Green, 1980-91	176
4	Joe Nash, 1982-96	169
5	Bobby Wagner, 2012-21, 23	167
	Jeff Bryant, 1982-93	167
7	Dave Brown, 1976-86	159
8	Russell Wilson, 2012-21	158
9	Cortez Kennedy, 1990-00	153
10	Eugene Robinson, 1985-95	152

POINTS SCORED

	Player, Seasons	No.
1	Norm Johnson, 1982-90	810
2	Steven Hauschka, 2011-16	759
3	**Jason Myers, 2019-**	**721**
4	Shaun Alexander, 2000-07	672
5	Steve Largent, 1976-89	608
6	Josh Brown, 2003-07	571
7	Todd Peterson, 1995-99	555
8	Tyler Lockett, 2015-24	398
	Marshawn Lynch, 2010-15, 19	398
10	Curt Warner, 1983-89	372

TOTAL TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	112
2	Steve Largent, 1976-89	101
3	Marshawn Lynch, 2010-15, 19	66
4	Tyler Lockett, 2015-24	65
5	Curt Warner, 1983-89	62
6	Doug Baldwin, 2011-18	49
7	DK Metcalf, 2019-24	48
	Chris Warren, 1990-97	48
9	Darrell Jackson, 2000-06	47
10	Joey Galloway, 1995-99	42

FIELD GOALS

	Player, Seasons	No.
1	Steven Hauschka, 2011-16	175
2	**Jason Myers, 2019-**	**159**
	Norm Johnson, 1982-90	159
4	Todd Peterson, 1995-99	126
5	Josh Brown, 2003-07	116
6	John Kasay, 1991-94	82
7	Olindo Mare, 2008-10	73
8	Efren Herrera, 1978-81	64
9	Rian Lindell, 2000-02	58
10	Sebastian Janikowski, 2018	22

FIELD GOAL ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	228
2	Steven Hauschka, 2011-16	197
3	**Jason Myers, 2019-**	**184**
4	Todd Peterson, 1995-99	154
5	Josh Brown, 2003-07	145
6	John Kasay, 1991-94	105
7	Efren Herrera, 1978-81	92

FIELD GOAL ATTEMPTS, CONT.

8	Olindo Mare, 2008-10	83
9	Rian Lindell, 2000-02	78
10	John Leypoldt, 1976-77	30

POINT AFTER TOUCHDOWNS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	333
2	**Jason Myers, 2019-**	**244**
3	Steven Hauschka, 2011-16	234
4	Josh Brown, 2003-07	223
5	Todd Peterson, 1995-99	177
6	Efren Herrera, 1978-81	139
7	Rian Lindell, 2000-02	96
8	John Kasay, 1991-94	95
9	Olindo Mare, 2008-10	89
10	John Leypoldt, 1976-78	52

PAT ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	338
2	**Jason Myers, 2019-**	**259**
3	Steven Hauschka, 2011-16	246
4	Josh Brown, 2003-07	224
5	Todd Peterson, 1995-99	177
6	Efren Herrera, 1978-81	148
7	John Kasay, 1991-94	97
8	Rian Lindell, 2000-02	96
9	Olindo Mare, 2008-10	89
10	John Leypoldt, 1976-78	59

RUSHING ATTEMPTS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	2,176
2	Curt Warner, 1983-89	1,649
3	Chris Warren, 1990-97	1,559
4	Marshawn Lynch, 2010-15, 19	1,469
5	John L. Williams, 1986-93	1,148
6	Ricky Watters, 1998-01	994
7	Russell Wilson, 2012-21	846
8	Sherman Smith, 1976-82	810
9	Chris Carson, 2017-21	769
10	Maurice Morris, 2002-08	604

RUSHING YARDS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	9,429
2	Chris Warren, 1990-97	6,706
3	Curt Warner, 1983-89	6,705
4	Marshawn Lynch, 2010-15, 19	6,381
5	Russell Wilson, 2012-21	4,689
6	John L. Williams, 1986-93	4,579
7	Ricky Watters, 1998-01	4,009
8	Chris Carson, 2017-21	3,502
9	Sherman Smith, 1976-82	3,429
10	Maurice Morris, 2002-08	2,612

RUSHING TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	100
2	Marshawn Lynch, 2010-15, 19	58
3	Curt Warner, 1983-89	55
4	Chris Warren, 1990-97	44
5	Sherman Smith, 1976-82	28
6	**Kenneth Walker III, 2022-**	**24**
	Chris Carson, 2017-21	24
8	Russell Wilson, 2012-21	23
9	Ricky Watters, 1998-01	22
10	Derrick Fenner, 1989-91	19
	David Sims, 1977-79	19

PASSING ATTEMPTS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	4,735
2	Matt Hasselbeck, 2001-10	4,250

PASSING ATTEMPTS, CONT.

3	Dave Krieg, 1980-91	3,576
4	Jim Zorn, 1976-84	2,990
5	Geno Smith, 2019-24	1,749
6	Rick Mirer, 1993-96	1,523
7	Jon Kitna, 1997-00	1,128
8	Warren Moon, 1997-98	786
9	Seneca Wallace, 2003-09	556
10	Tarvaris Jackson, 2011, 2013-15	470

PASSING COMPLETIONS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	3,079
2	Matt Hasselbeck, 2001-10	2,559
3	Dave Krieg, 1980-91	2,096
4	Jim Zorn, 1976-84	1,593
5	Geno Smith, 2019-24	1,198
6	Rick Mirer, 1993-96	814
7	Jon Kitna, 1997-00	658
8	Warren Moon, 1997-98	458
9	Seneca Wallace, 2003-09	333
10	Tarvaris Jackson, 2011, 2013-15	286

PASSING YARDS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	37,059
2	Matt Hasselbeck, 2001-10	29,434
3	Dave Krieg, 1980-91	26,132
4	Jim Zorn, 1976-84	20,122
5	Geno Smith, 2019-24	12,961
6	Rick Mirer, 1993-96	9,094
7	Jon Kitna, 1997-00	7,552
8	Warren Moon, 1997-98	5,310
9	Seneca Wallace, 2003-09	3,547
10	Tarvaris Jackson, 2011, 2013-15	3,279

TOUCHDOWN PASSES

	Player, Seasons	No.
1	Russell Wilson, 2012-21	292
2	Dave Krieg, 1980-91	195
3	Matt Hasselbeck, 2001-10	174
4	Jim Zorn, 1976-84	107
5	Geno Smith, 2019-24	76
6	Jon Kitna, 1997-00	49
7	Rick Mirer, 1993-96	41
8	Warren Moon, 1997-98	36
9	Seneca Wallace, 2003-09	25
10	John Friesz, 1995-98	16

PASSES HAD INTERCEPTED

	Player, Seasons	No.
1	Dave Krieg, 1980-91	148
2	Jim Zorn, 1976-84	133
3	Matt Hasselbeck, 2001-10	128
4	Russell Wilson, 2012-21	87
5	Rick Mirer, 1993-96	56
6	Jon Kitna, 1997-00	45
7	Geno Smith, 2019-24	36
8	Warren Moon, 1997-98	24
9	Kelly Stouffer, 1988-92	19
10	Jeff Kemp, 1987-91	18

TIMES SACKED

	Player, Seasons	No.
1	Russell Wilson, 2012-21	427
2	Dave Krieg, 1980-91	341
3	Matt Hasselbeck, 2001-10	307
4	Jim Zorn, 1976-84	201
5	Geno Smith, 2019-24	141
6	Rick Mirer, 1993-96	138
7	Jon Kitna, 1997-00	79
8	Warren Moon, 1997-98	52
9	Kelly Stouffer, 1988-92	50
10	Seneca Wallace, 2003-09	43
	Tarvaris Jackson, 2011, 2013-15	43

CAREER TOP 10, continued

QUARTERBACK RATING (MINIMUM 350 ATTEMPTS)

	Player, Seasons	No.
1	Russell Wilson, 2012-21	101.8
2	Geno Smith, 2019-24	95.9
3	Seneca Wallace, 2003-09	83.1
4	Dave Krieg, 1980-91	82.3
5	Matt Hasselbeck, 2001-10	82.2
6	Warren Moon, 1997-98	81.3
7	Tarvaris Jackson, 2011, 2013-15	81.0
8	John Friesz, 1995-98	78.3
9	Jon Kitna, 1997-00	76.4
10	Trent Dilfer, 2001-04	73.7

PASS RECEPTIONS

	Player, Seasons	No.
1	Steve Largent, 1976-89	819
2	Tyler Lockett, 2015-24	661
3	Brian Blades, 1988-98	581
4	Doug Baldwin, 2011-18	493
5	John L. Williams, 1986-93	471
6	Darrell Jackson, 2000-06	441
7	DK Metcalf, 2019-24	438
8	Bobby Engram, 2001-08	399
9	Joey Galloway, 1995-99	283
10	Koren Robinson, 2001-04, 08	244

RECEIVING YARDS

	Player, Seasons	No.
1	Steve Largent, 1976-89	13,089
2	Tyler Lockett, 2015-24	8,594
3	Brian Blades, 1988-98	7,620
4	Doug Baldwin, 2011-18	6,563
5	Darrell Jackson, 2000-06	6,445
6	DK Metcalf, 2019-24	6,324
7	Bobby Engram, 2001-08	4,859
8	Joey Galloway, 1995-99	4,457
9	John L. Williams, 1986-93	4,151
10	Koren Robinson, 2001-04, 08	3,567

RECEIVING TOUCHDOWNS

	Player, Seasons	No.
1	Steve Largent, 1976-89	100
2	Tyler Lockett, 2015-24	61
3	Doug Baldwin, 2011-18	49
4	DK Metcalf, 2019-24	48
5	Darrell Jackson, 2000-06	47
6	Joey Galloway, 1995-99	37
7	Daryl Turner, 1984-87	36
8	Brian Blades, 1988-98	34
9	Sam McCullum, 1976-81	21
10	Bobby Engram, 2001-08	18
	Jimmy Graham, 2015-17	18

INTERCEPTIONS

	Player, Seasons	No.
1	Dave Brown, 1976-86	50
2	Eugene Robinson, 1985-95	42
3	John Harris, 1978-85	41
4	Kenny Easley, 1981-87	32
	Richard Sherman, 2011-17	32
6	Earl Thomas, 2010-18	28
7	Marcus Trufant, 2003-12	21
8	Darryl Williams, 1996-99	20
	Shawn Springs, 1997-03	20
10	Keith Simpson, 1978-85	19

INTERCEPTION RETURN YARDS

	Player, Seasons	No.
1	Dave Brown, 1976-86	643
2	Eugene Robinson, 1985-95	586
3	Kenny Easley, 1981-87	538
4	John Harris, 1978-85	425
5	Earl Thomas, 2010-18	417
6	Darryl Williams, 1996-99	402

INTERCEPTION RETURN YDS, CONT.

7	Richard Sherman, 2011-17	395
8	Marcus Trufant, 2003-12	370
9	Keith Simpson, 1978-85	338
10	Quandre Diggs, 2019-23	315

INTERCEPTION RETURN FOR TD

	Player, Seasons	No.
1	Dave Brown, 1976-86	5
2	Keith Simpson, 1978-85	3
	Kenny Easley, 1981-87	3
	Willie Williams, 1997-03	3
	Josh Wilson, 2007-09	3
6	John Harris, 1978-85	2
	Jacob Green, 1980-91	2
	Terry Taylor, 1984-88, 1994	2
	Darryl Williams, 1996-99	2
	Darrin Smith, 1998-99	2
	Shawn Springs, 1997-03	2
	Reggie Tongue, 2000-03	2
	Anthony Simmons, 1998-04	2
	Lofa Tatupu, 2005-10	2
	Marcus Trufant, 2003-12	2
	Brandon Browner, 2011-13	2
	Richard Sherman, 2011-17	2
	Bruce Irvin, 2012-15, 20, 22	2
	Earl Thomas, 2010-18	2
	Justin Coleman, 2017-18, 22	2

PUNTS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	770
2	Rick Tuten, 1991-97	554
3	**Michael Dickson, 2018-**	**504**
4	Jeff Feagles, 1998-02	385
5	Jeff West, 1981-85	299
6	Herman Weaver, 1977-80	257
7	Ruben Rodriguez, 1987-89	192
8	Ryan Plackemeier, 2006-08	181
9	Tom Rouen, 2003-05	154
10	Rick Engles, 1976-77	84

PUNTING YARDS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	34,492
2	**Michael Dickson, 2018-**	**24,281**
3	Rick Tuten, 1991-97	24,266
4	Jeff Feagles, 1998-02	16,225
5	Jeff West, 1981-85	11,518
6	Herman Weaver, 1977-80	10,182
7	Ruben Rodriguez, 1987-89	7,733
8	Ryan Plackemeier, 2006-08	7,664
9	Tom Rouen, 2003-05	6,394
10	Rick Donnelly, 1990-91	3,227

INSIDE THE 20

	Player, Seasons	No.
1	Jon Ryan, 2008-17	276
2	**Michael Dickson, 2018-**	**212**
3	Rick Tuten, 1991-97	147
4	Jeff Feagles, 1998-02	133
5	Jeff West, 1981-85	73
6	Tom Rouen, 2003-05	59
7	Ryan Plackemeier, 2006-08	57
8	Herman Weaver, 1977-80	48
	Ruben Rodriguez, 1987-89	48
10	Rick Donnelly, 1990-91	19

TOUCHBACKS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	60
2	**Michael Dickson, 2018-**	**46**
	Rick Tuten, 1991-97	45
4	Jeff Feagles, 1998-02	30
5	Jeff West, 1981-85	28
6	Ryan Plackemeier, 2006-08	21
7	Herman Weaver, 1977-80	20
8	Ruben Rodriguez, 1987-89	17
9	Tom Rouen, 2003-05	11
10	Rick Donnelly, 1990-91	9

HAD BLOCKED

	Player, Seasons	No.
1	Herman Weaver, 1977-80	6
2	Jon Ryan, 2008-17	5
3	Rick Engles, 1976-77	3
4	Kyle Richardson, 1997	2
	Rick Tuten, 1991-97	2
	Jeff Feagles, 1998-02	2
	Tom Rouen, 2003-05	2
8	Ruben Rodriguez, 1987-89	1
	Donnie Jones, 2004	1
	Ken Walter, 2004	1
	Michael Dickson, 2018-	**1**

PUNT RETURNS

	Player, Seasons	No.
1	Tyler Lockett, 2015-24	145
2	Nate Burleson, 2006-09	125
3	Leon Washington, 2010-12	104
4	Chris Warren, 1990-97	94
5	Bobby Joe Edmonds, 1986-88	89
6	Joey Galloway, 1995-99	79
7	Paul Johns, 1981-84	74
8	Charlie Rogers, 1999-01	73
9	Bobby Engram, 2001-08	70
10	Golden Tate, 2010-13	68

FAIR CATCHES

	Player, Seasons	No.
1	Tyler Lockett, 2015-24	102
2	Bobby Engram, 2001-08	70
3	Chris Warren, 1990-97	60
4	Leon Washington, 2010-12	41
5	Charlie Rogers, 1999-01	40
6	Kelvin Martin, 1993-94	35
7	Jimmy Williams, 2005-06	31
8	DeeJay Dallas, 2020-23	27
9	Bobby Joe Edmonds, 1986-88	26
10	David Moore, 2017-20	24

PUNT RETURN YARDS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	1,288
2	Tyler Lockett, 2015-24	1,078
3	Leon Washington, 2010-12	1,069
4	Bobby Joe Edmonds, 1986-88	1,010
5	Charlie Rogers, 1999-01	925
6	Paul Johns, 1981-84	843
7	Joey Galloway, 1995-99	823
8	Chris Warren, 1990-97	819
9	Golden Tate, 2010-13	787
10	Bobby Engram, 2001-08	773

PUNT RETURN TD

	Player, Seasons	No.
1	Joey Galloway, 1995-99	4
2	Paul Johns, 1981-84	2
	Bobby Engram, 2001-08	2
	Nate Burleson, 2006-09	2
5	Will Lewis, 1980-81	1
	Bobby Joe Edmonds, 1986-88	1
	Chris Warren, 1990-97	1
	Charlie Rogers, 1999-01	1
	Tyler Lockett, 2015-24	1

KICKOFF RETURNS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	165
2	Charlie Rogers, 1999-01	134
3	Maurice Morris, 2002-08	129
4	Tyler Lockett, 2015-24	127
	Leon Washington, 2010-12	127
6	Bobby Joe Edmonds, 1986-88	101
7	Josh Wilson, 2007-09	94
8	Chris Warren, 1990-97	86
9	Randall Morris, 1984-88	82
10	Al Hunter, 1977-80	78

CAREER TOP 10, continued

KICKOFF RETURN YARDS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	3,900
2	Leon Washington, 2010-12	3,329
3	Charlie Rogers, 1999-01	3,214
4	Tyler Lockett, 2015-24	3,188
5	Maurice Morris, 2002-08	2,843
6	Josh Wilson, 2007-09	2,350
7	Bobby Joe Edmonds, 1986-88	2,228
8	Chris Warren, 1990-97	1,794
9	Al Hunter, 1977-80	1,717
10	Josh Scobey, 2005-07	1,641

KICKOFF RETURN TD

	Player, Seasons	No.
1	Leon Washington, 2010-12	4
2	Tyler Lockett, 2015-24	2
3	Zachary Dixon, 1983-84	1
	James Jefferson, 1989-93	1
	Jon Vaughn, 1993-94	1
	Steve Broussard, 1995-98	1
	Charlie Rogers, 1999-01	1
	Maurice Morris, 2002-08	1
	Nate Burleson, 2006-09	1
	Josh Wilson, 2007-09	1
	Travis Homer, 2019-22	1
	Laviska Shenault Jr., 2024	1

FUMBLES

	Player, Seasons	No.
1	Dave Krieg, 1980-91	108
2	Russell Wilson, 2012-21	87
3	Matt Hasselbeck, 2001-10	55
4	Jim Zorn, 1976-84	48
5	Jon Kitna, 1997-00	38
6	Curt Warner, 1983-89	36
7	Shaun Alexander, 2000-07	31
8	Chris Warren, 1990-97	26
9	Geno Smith, 2019-24	24
	Rick Mirer, 1993-96	24

OWN FUMBLE RECOVERIES

	Player, Seasons	No.
1	Russell Wilson, 2012-21	34
2	Dave Krieg, 1980-91	27
3	Jon Kitna, 1997-00	20
4	Matt Hasselbeck, 2001-10	14
5	Curt Warner, 1983-89	13
	Shaun Alexander, 2000-07	13
7	Jim Zorn, 1976-84	12
8	Geno Smith, 2019-24	10
	Chris Warren, 1990-97	10
10	John L. Williams, 1986-93	9

FORCED FUMBLES

	Player, Seasons	No.
1	Jacob Green, 1980-91	28
2	Michael Sinclair, 1991-01	25
3	Rufus Porter, 1988-94	14
4	Bruce Scholtz, 1982-88	13
	Joe Nash, 1982-96	13
	Cortez Kennedy, 1990-00	13
	Cliff Avril, 2013-17	13
8	Jeff Bryant, 1982-93	12
9	Keith Butler, 1978-87	11
	Keith Simpson, 1978-85	11
	Chad Brown, 1997-04	11
	K.J. Wright, 2011-20	11

FUMBLE RECOVERIES

	Player, Seasons	No.
1	Jacob Green, 1980-91	17
2	Eugene Robinson, 1985-95	14
3	Chad Brown, 1997-04	13

FUMBLE RECOVERIES, CONT.

4	Dave Brown, 1976-86	11
	John Harris, 1978-85	11
	Jeff Bryant, 1982-93	11
7	Bobby Wagner, 2012-21, 23	10
8	Kenny Easley, 1981-87	9
	Greg Gaines, 1981, 1983-88	9
	Shelton Robinson, 1982-85	9
	Terry Wooden, 1990-96	9
	Michael Sinclair, 1991-01	9
	K.J. Wright, 2011-20	9

FUMBLE RETURN YARDS

	Player, Seasons	No.
1	Rayshawn Jenkins, 2024	102
2	Chad Brown, 1997-04	96
3	Michael Sinclair, 1991-01	94
4	Corey Harris, 1995-96	85
	Shawn Springs, 1997-03	85
6	Antonio Edwards, 1993-97	83
7	Bobby Wagner, 2012-21, 23	82
8	Jacob Green, 1980-91	79
	Nick Reed, 2009	79
10	Carlton Gray, 1993-96	62
	John Harris, 1978-85	62

FUMBLE RETURN TD

	Player, Seasons	No.
1	Bobby Wagner, 2012-21, 23	3
	Chad Brown, 1997-04	3
3	Jacob Green, 1980-91	2
	Shelton Robinson, 1982-85	2
	Michael Sinclair, 1991-01	2
6	**32 tied with**	**1**
	(last: Derick Hall in 2024)	

TACKLES

	Player, Seasons	No.
1	Bobby Wagner, 2012-21, 23	1,564
2	Eugene Robinson, 1985-95	984
3	K.J. Wright, 2011-20	934
4	Keith Butler, 1978-87	813
5	Joe Nash, 1982-96	779
6	Chad Brown, 1997-04	744
7	Jacob Green, 1980-91	718
8	Jeff Bryant, 1982-93	689
9	Dave Brown, 1976-86	684
10	Cortez Kennedy, 1990-00	668

QUARTERBACK SACKS

	Player, Seasons	No.
1	Jacob Green, 1980-91	116.0
2	Michael Sinclair, 1991-01	73.5
3	Jeff Bryant, 1982-93	63.0
4	Cortez Kennedy, 1990-00	58.0
5	Chad Brown, 1997-04	48.0
6	Joe Nash, 1982-96	47.5
7	Michael Bennett, 2009, 13-17	39.0
8	Chris Clemons, 2010-13	38.0
9	Rufus Porter, 1988-94	37.5
10	Frank Clark, 2015-18, 23	35.0

YARDS LOST ON SACKS

	Player, Seasons	No.
1	Jacob Green, 1980-91	753.0
2	Jeff Bryant, 1982-93	469.0
3	Michael Sinclair, 1991-01	417.0
4	Cortez Kennedy, 1990-00	392.0
5	Joe Nash, 1982-96	312.0
	Rufus Porter, 1988-94	312.0
7	Chris Clemons, 2010-13	290.0
8	Chad Brown, 1997-04	275.5
9	Michael Bennett, 2009, 13-17	255.0
10	**Jarran Reed, 2016-20, 23-**	**231.0**

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

	Player, Seasons	No.
1	Steve Raible, 1976-81	1
	Autry Beamon, 1977-79	1
	Jessie Green, 1979-80	1
	Eric Lane, 1981-87	1

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS, CONT.

	Sam Merriman, 1983-87	1
	Paul Moyer, 1983-89	1
	Terry Taylor, 1984-88, 1994	1
	Eugene Robinson, 1985-95	1
	Alex Bannister, 2001-05	1
	Earl Thomas, 2010-18	1
	Michael Robinson, 2010-13	1
	Malcolm Smith, 2011-14	1
	Mike Morgan, 2011-16	1

BLOCKED PUNTS

	Player, Seasons	No.
1	Kerry Justin, 1978-83, 1986-87	3
2	Don Dufek, 1976-77, 1979	2
	Sam Merriman, 1983-87	2
	Fredd Young, 1984-87	2
	Patrick Hunter, 1986-94	2
	Doug Baldwin, 2011-18	2
7	**20 tied with**	**1**
	(last: Cody White in 2024)	

BLOCKED PATS

	Player, Seasons	No.
1	Mike White, 1981-82	3
2	Jeff Bryant, 1982-93	2
	Jacob Green, 1980-91	2
	Joe Nash, 1982-96	2
5	Dennis Boyd, 1977-79, 1981-82	1
	Brian Flones, 1981-82	1
	Terry Wooden, 1990-96	1
	Red Bryant, 2008-13	1
	Jeremy Lane, 2012-17	1
	Tre Flowers, 2018-2021	1
	Rasheem Green, 2018-21	1
	Leonard Williams, 2023-	**1**

BLOCKED FIELD GOALS

	Player, Seasons	No.
1	Joe Nash, 1982-96	8
	Craig Terrill, 2004-10	8
3	Red Bryant, 2008-13	4
4	Jeff Bryant, 1982-93	3
5	Dennis Boyd, 1977-79, 1981-82	2
	Jacob Green, 1980-91	2
	Mike White, 1981-82	2
	Bobby Wagner, 2012-21, 23	2
	Rasheem Green, 2018-21	2
10	**22 tied with**	**1**
	(last: Julian Love in 2024)	

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

	Player, Seasons	No.
1	Byron Walker, 1982-86	1
	Vernon Dean, 1988	1
	Robert Blackmon, 1990-96	1
	Shawn Springs, 1997-03	1
	Richard Sherman, 2011-17	1
	Michael Jackson, 2021-23	1

RETURN TOUCHDOWNS

(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

	Player, Seasons	No.
1	Dave Brown, 1976-86	5
2	Jacob Green, 1980-91	4
	Joey Galloway, 1995-99	4
	Shawn Springs, 1997-03	4
	Willie Williams, 1997-03	4
	Josh Wilson, 2007-09	4
	Leon Washington, 2010-12	4
	Earl Thomas, 2010-18	4
	Bobby Wagner, 2012-21, 23	4
10	Kenny Easley, 1981-87	3
	Keith Simpson, 1978-86	3
	Terry Taylor, 1984-88, 1994	3
	Chad Brown, 1997-04	3
	Nate Burleson, 2006-09	3
	Richard Sherman, 2011-17	3
	Tyler Lockett, 2015-24	3
	Justin Coleman, 2017-18, 22	3

SINGLE-GAME TOP 10

RUSHING ATTEMPTS

	Player, Game	Date
40	Shaun Alexander vs. Green Bay	11/27/06
36	Chris Warren at New England	9/19/93
35	Shaun Alexander vs. Oakland	11/11/01
33	Lamar Smith at Detroit	11/17/96
	Shaun Alexander vs Denver	10/14/01
	Shaun Alexander vs. St. Louis	11/13/05
32	Curt Warner vs Kansas City	11/27/83
	Ricky Watters vs. Indianapolis	12/20/98
	Shaun Alexander vs. Carolina	10/31/04
	Marshawn Lynch vs. Baltimore	11/13/11
	Chris Carson vs. Dallas	9/23/18

RUSHING YARDS

	Player, Game	Date
266	Shaun Alexander vs. Oakland	11/11/01
209	Thomas Rawls vs. San Francisco	11/22/15
207	Curt Warner vs. Kansas City	11/27/83
201	Shaun Alexander vs. Green Bay	11/27/06
195	Shaun Alexander vs. Carolina	10/31/04
192	Curt Warner vs. Denver	12/20/86
190	Rashaad Penny vs. Arizona	1/9/22
185	Chris Warren at Houston	12/11/94
178	Ricky Watters vs. Indianapolis	12/20/98
176	Shaun Alexander vs. Jacksonville	10/7/01
	Shaun Alexander at St. Louis	11/14/04

RUSHING TOUCHDOWNS

	Player, Game	Date
4	Curt Warner vs. Denver	12/11/88
	Shaun Alexander vs. Minnesota	9/29/02
	Shaun Alexander vs. Houston	10/16/05
	Shaun Alexander vs. Arizona	9/25/05
	Marshawn Lynch vs. N.Y. Giants	11/9/14
3	16 times (Last: K. Walker III at Det.,	9/30/24)

LONGEST RUSH

	Player, Game	Date
88t	Shaun Alexander vs. Oakland	11/11/01
	Shaun Alexander at Arizona	11/6/05
86t	Joey Galloway at Jacksonville	11/12/95
79t	Marshawn Lynch at Arizona	12/21/14
77t	Steve Broussard vs. Tennessee	10/5/97
	Marshawn Lynch at Detroit	10/28/12
75t	Tyler Lockett vs. Carolina	12/4/16
74t	Kenneth Walker III at LAC	10/23/22
73t	Travis Homer vs. San Francisco	12/5/21
72t	C.J. Prosise vs. Philadelphia	11/20/16

HIGHEST RUSH AVG. (MIN. 10 ATT.)

	Player, Game	Date
11.6	Marshawn Lynch vs. Arizona	12/9/12
11.3	Marshawn Lynch at Buffalo	12/16/12
	Marshawn Lynch at Arizona	12/21/14
11.1	Russell Wilson at Washington	10/6/14
9.2	Rashaad Penny at Philadelphia	11/24/19
9.0	Rashaad Penny at L.A. Rams	11/11/18
8.9	Sherman Smith vs. Atlanta	11/7/76
	Rashaad Penny at Detroit	10/2/22
8.8	Marshawn Lynch at Detroit	10/28/12
8.6	Lawrence McCutcheon at Dallas	11/27/80

PASS ATTEMPTS

	Player, Game	Date
56	Geno Smith at Detroit	9/30/24
55	Matt Hasselbeck at San Francisco	12/1/02
53	Matt Hasselbeck at San Diego	12/29/02
52	Geno Smith vs. San Francisco	10/10/24
	Matt Hasselbeck at Arizona	11/15/09
51	Dave Krieg vs. Atlanta	10/13/85
	Matt Hasselbeck vs Detroit	11/8/09

PASS ATTEMPTS, CONT.

	Player, Game	Date
50	Dave Krieg vs. Atlanta	12/15/84
	Jeff Kemp at Denver	9/15/91
	Matt Hasselbeck at New England	10/17/04
	Russell Wilson vs. New Orleans	9/22/19
	Russell Wilson at Arizona	10/25/20

PASSING COMPLETIONS

	Player, Game	Date
39	Matt Hasselbeck vs. Detroit	11/8/09
38	Geno Smith at Detroit	9/30/24
36	Matt Hasselbeck at San Diego	12/29/02
33	Dave Krieg vs. Atlanta	10/13/85
	Seneca Wallace at Indianapolis	10/4/09
	Russell Wilson at Arizona	10/25/20
	Geno Smith at New England	9/15/24
32	Matt Hasselbeck at New Orleans	11/21/10
	Russell Wilson at St. Louis	9/13/15
	Russell Wilson vs. New Orleans	9/22/19
	Geno Smith vs. Atlanta	9/25/22
	Geno Smith at Detroit	9/17/23

COMPLETION %

	Player, Game	Date
88.6	Russell Wilson vs. Atlanta	9/13/20
86.4	Matt Dave Krieg vs. Denver	12/11/88
84.0	Matt Hasselbeck vs. San Francisco	12/11/05
83.3	Matt Hasselbeck vs. Detroit	9/10/06
	Geno Smith vs. Jacksonville	10/31/21
82.9	Russell Wilson vs. Pittsburgh	9/15/19
82.8	Russell Wilson vs. San Francisco	11/22/15
82.1	Russell Wilson vs. Arizona	11/19/20
	Geno Smith vs. Denver	9/12/22
81.1	Russell Wilson vs. San Francisco	12/5/21

PASSING YARDS

	Player, Game	Date
452	Russell Wilson at Houston	10/29/17
449	Matt Hasselbeck at San Diego	12/29/02
427	Matt Hasselbeck at San Francisco	12/1/02
418	Dave Krieg at Denver	11/20/83
414	Matt Hasselbeck vs. Dallas	12/6/04
410	Dave Krieg at L.A. Raiders	12/18/88
409	Warren Moon vs. Oakland	10/26/97
406	Dave Krieg at L.A. Raiders	11/25/84
	Russell Wilson vs. New Orleans	9/22/19
405	Dave Krieg vs. Atlanta	10/13/85

PASSING TOUCHDOWNS

	Player, Game	Date
5	Dave Krieg vs. Detroit	12/2/84
	Dave Krieg at San Diego	9/15/85
	Dave Krieg vs. L.A. Raiders	11/28/88
	Warren Moon vs. Oakland	10/26/97
	Matt Hasselbeck at Baltimore	11/23/03
	Matt Hasselbeck vs. N.Y. Giants	9/24/06
	Russell Wilson vs. Pittsburgh	11/29/15
	Russell Wilson at Baltimore	12/13/15
	Russell Wilson vs. Tampa Bay	11/3/19
	Russell Wilson vs. New England	9/20/20
	Russell Wilson vs. Dallas	9/27/20

INTERCEPTIONS

	Player, Game	Date
6	Jim Zorn vs. Detroit	10/24/76
5	Jim Zorn vs. Kansas City	11/9/80
	Dave Krieg at Kansas City	12/9/84
	Jon Kitna vs. Tampa Bay	11/28/99
	Russell Wilson at Green Bay	12/11/16
4	13 times (Last: Hasselbeck at SF,	12/12/10)

PASSER RATING

	Player, Game	Date
158.3	Dave Krieg vs. Buffalo	11/24/94
	Russell Wilson at Detroit	10/28/18
153.3	Dave Krieg at San Diego	12/14/86
152.3	Russell Wilson at Indianapolis	9/12/21
151.8	Russell Wilson vs. L.A. Rams	10/3/19
151.4	Russell Wilson vs. Minnesota	11/17/13
150.8	Jim Zorn vs. New Orleans	11/18/79
147.9	Russell Wilson vs. Pittsburgh	11/29/15
147.7	Matt Hasselbeck at Tennessee	12/18/05
146.0	Russell Wilson at Minnesota	12/6/15

LONGEST PASS COMPLETION

	Player, Game	Date
90t	Seneca Wallace to Koren Robinson vs. Philadelphia	11/2/08
87t	Matt Hasselbeck to Ben Obomanu vs. Kansas City	11/28/10
84t	Geno Smith to DK Metcalf vs. New Orleans	10/25/21
83	Trent Dilfer to Koren Robinson at St. Louis	10/20/02
81t	John Friesz to Joey Galloway at San Diego	10/25/98
80t	John Friesz to Brian Blades at Miami	10/6/96
	Trent Dilfer to Shaun Alexander vs Minnesota	9/29/02
	Matt Hasselbeck to Darrell Jackson at Baltimore	11/23/03
	Russell Wilson to Golden Tate at St. Louis	10/28/13
	Russell Wilson to Luke Willson at Arizona	12/21/14
	Russell Wilson to Doug Baldwin vs. Pittsburgh	11/29/15

RECEPTIONS

	Player, Game	Date
15	Steve Largent at Detroit	10/18/87
	Tyler Lockett at Arizona	10/25/20
14	Bobby Engram at Cleveland	11/4/07
13	Doug Baldwin vs. Arizona	12/24/16
	Tyler Lockett vs. Tampa Bay	11/3/19
12	David Hughes vs. Kansas City	9/27/81
	Steve Largent at Denver	11/25/84
	John L. Williams vs. L.A. Raiders	12/17/89
	Brian Blades at New Orleans	9/1/91
	DK Metcalf vs. San Francisco	11/1/20
	Tyler Lockett at San Francisco	1/3/21
	Tyler Lockett vs. Jacksonville	10/31/21
	Jaxon Smith-Njigba at NE	9/15/24

RECEIVING YARDS

	Player, Game	Date
261	Steve Largent at Detroit	10/18/87
200	Tyler Lockett at Arizona	10/25/20
191	Steve Largent at Denver	11/25/84
180	Jaxon Smith-Njigba vs. L.A. Rams	11/3/24
	John L. Williams at L.A. Raiders	12/18/88
178	Tyler Lockett vs. Tennessee	9/19/21
177	DK Metcalf at Philadelphia	11/30/20
174	Darrell Jackson vs. Arizona	9/15/02
173	Sam McCullum at Oakland	12/16/79
171	Doug Baldwin vs. Arizona	12/24/16
169	Steve Largent vs. N.Y. Jets	12/6/81

SINGLE-GAME TOP 10, continued

RECEIVING TOUCHDOWNS

	Player, Game	Date
4	Daryl Turner at San Diego	9/15/85
3	Steve Largent at St. Louis	11/13/83
	Steve Largent at San Diego	10/29/84
	Steve Largent at Detroit	10/18/87
	Joey Galloway vs. Oakland	10/26/97
	Doug Baldwin vs. Pittsburgh	11/29/15
	Doug Baldwin at Baltimore	12/13/15
	Doug Baldwin at New England	11/13/16
	Tyler Lockett vs. Dallas	9/27/20
	Tyler Lockett at Arizona	10/25/20
	DK Metcalf vs. Detroit	1/2/22
	DK Metcalf vs. Dallas	11/30/23

LONGEST RECEPTION

	Player, Game	Date
90t	Koren Robinson from Seneca Wallace vs. Philadelphia	11/2/08
87t	Ben Obomanu from Matt Hasselbeck vs. Kansas City	11/28/10
84t	DK Metcalf from Geno Smith vs. New Orleans	10/25/21
83	Koren Robinson from Trent Dilfer at St. Louis	10/20/02
81t	Joey Galloway from John Friesz at San Diego	10/25/98
80t	Brian Blades from John Friesz at Miami	10/6/96
	Shaun Alexander from Trent Dilfer vs. Minnesota	9/29/02
	Darrell Jackson from Matt Hasselbeck at Baltimore	11/23/03
	Golden Tate from Russell Wilson at St. Louis	10/28/13
80t	Luke Willson from Russell Wilson at Arizona	12/21/14
	Doug Baldwin from Russell Wilson vs. Pittsburgh	11/29/15

HIGHEST REC. AVG. (MIN. 5 REC.)

	Player, Game	Date
31.8	Ben Obomanu vs. Kansas City 5 for 159 yards	11/28/10
28.4	Tyler Lockett at Houston 5 for 142 yards	12/12/21
27.8	Steve Largent vs. Oakland 5 for 139 yards	9/16/79
27.4	Joey Galloway at Miami 5 for 137 yards	10/6/96
25.7	Jaxon Smith-Njigba vs. L.A. Rams 7 for 180 yards	11/3/24
	John L. Williams at L.A. Raiders 7 for 180 yards	12/18/88
25.5	Brian Blades vs N.Y. Giants 6 for 153 yards	11/5/95
25.4	Darrell Jackson vs. Arizona 5 for 127 yards	9/17/06
25.0	Darrell Jackson at Oakland 5 for 125 yards	9/30/01
24.2	Darrell Jackson vs Miami 5 for 121 yards	10/28/01
	Doug Baldwin vs. Pittsburgh 6 for 145 yards	11/29/15

MOST FIELD GOALS ATTEMPTED

	Player, Game	Date
6	Norm Johnson vs. Kansas City	9/20/87
	Todd Peterson at Pittsburgh	9/26/99
	Todd Peterson vs. San Diego	12/12/99
	Olindo Mare vs. Chicago	9/27/09
	Olindo Mare at Arizona	11/14/10
5	14 times (Last: J. Myers vs. Was,	11/12/23)

MOST FIELD GOALS MADE

	Player, Game	Date
5	Norm Johnson vs. Kansas City	9/20/87
	Norm Johnson at L.A. Raiders	12/18/88
	Todd Peterson at Pittsburgh	9/26/99
	Olindo Mare vs. Arizona	10/24/10
	Olindo Mare at Arizona	11/14/10
	Steven Hauschka vs. Baltimore	11/13/11
	Jason Myers vs. Carolina	9/24/23
	Jason Myers vs. Washington	11/12/23
4	28 times (Last: J. Myers vs Ari,	10/16/22)

LONGEST FIELD GOAL MADE

	Player, Game	Date
61	Jason Myers at L.A. Rams	11/15/20
59	Jason Myers at Atlanta	10/20/24
58	Josh Brown at Green Bay	10/5/03
	Steven Hauschka at Carolina	10/26/14
57	Jason Myers at San Francisco	11/17/24
56	Sebastian Janikowski at Chicago	9/17/18
	Jason Myers at Detroit	10/2/22
	Jason Myers at New Orleans	10/9/22
	Jason Myers vs. Miami	9/22/24
55	John Kasay at Kansas City	1/2/94
	Josh Brown vs. Dallas	10/23/05
	Jason Myers at Miami	10/4/20
	Jason Myers at Tampa Bay	11/13/22
	Jason Myers at Cincinnati	10/15/23

MOST PUNTS

	Player, Game	Date
12	Rick Tuten vs. Denver	11/28/93
11	Herman Weaver vs. L.A. Rams	11/4/79
	Vince Gamache at Kansas City	11/9/86
	Rick Tuten vs. Philadelphia	12/13/92
	Ryan Plackemeier at Buffalo	9/7/08
	Jon Ryan vs. Philadelphia	11/2/08
10	8 times (Last: Jon Ryan at Chi,	10/17/10)

MOST PUNTS INSIDE THE 20

	Player, Game	Date
6	Rick Tuten vs. Minnesota	11/10/96
	Jeff Feagles vs. Kansas City	12/26/99
	Jeff Feagles at N.Y. Giants	12/23/01
	Jon Ryan vs. San Francisco	12/6/09
	Jon Ryan at Chicago	10/17/10
	Jon Ryan at Miami	11/25/12
5	9 times (Last: M. Dickson at Phi,	11/24/19)

LONGEST PUNT

	Player, Game	Date
77	Jon Ryan at San Francisco	9/11/11
74	Jon Ryan at San Francisco	11/26/17
73	Rick Tuten at Buffalo	10/15/95
	Jon Ryan vs. Green Bay	9/24/12
	Jon Ryan at St. Louis	9/13/15
	Michael Dickson vs. L.A. Rams	9/10/23
72	Ryan Plackemeier vs. San Diego	12/24/06
71	Jon Ryan at St. Louis	11/20/11
70	Jon Ryan vs. St. Louis	9/13/09
	Jon Ryan at Dallas	11/6/11
	Jon Ryan vs. Detroit	10/5/15

MOST TACKLES

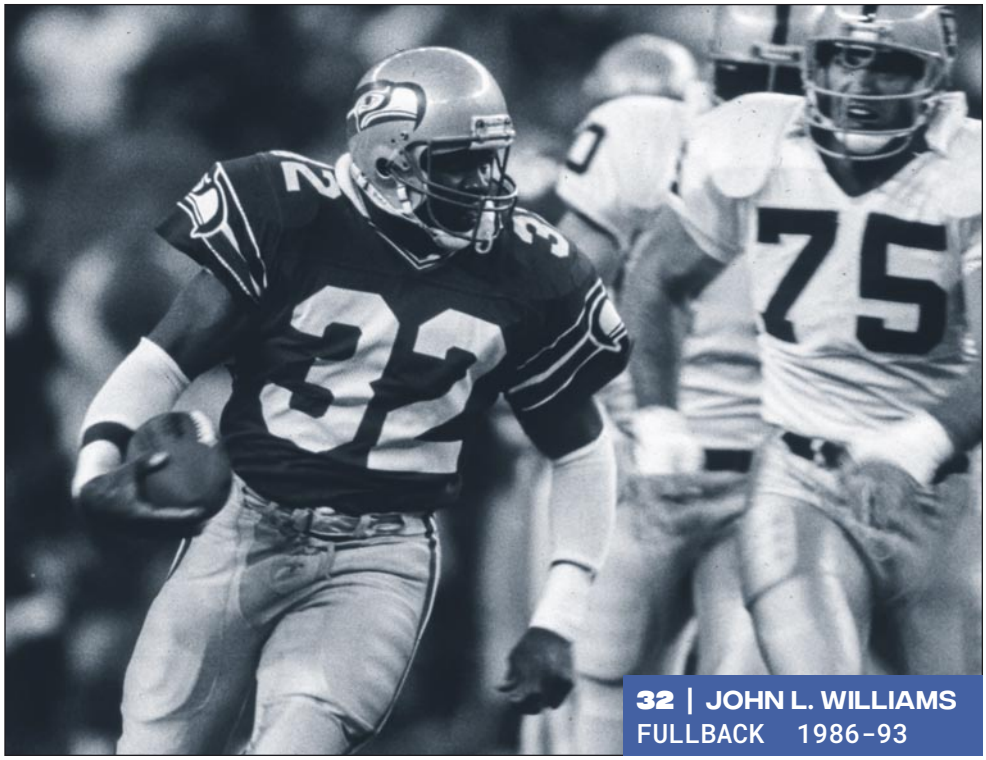
	Player, Game	Date
20	Bobby Wagner vs. Tennessee	9/19/21
	Jordyn Brooks at Arizona	1/9/22
19	Bobby Wagner vs. New Orleans	9/22/19
18	Terry Beeson vs. Houston	11/20/77
	Sammy Green vs. Minnesota	10/8/78
	Bobby Wagner vs. L.A. Rams	9/10/23
	Devin Bush vs. Pittsburgh	12/31/23
17	Isaiah Kacyvenski at Oakland	9/8/02
	Kam Chancellor vs. Arizona	11/15/15
	Bobby Wagner at N.Y. Giants	10/2/23
16	6 times (Last: J. Brooks vs. LV,	11/27/22)

MOST SACKS

	Player, Game	Date
4.0	Jacob Green vs. N.Y. Giants	10/19/86
	Michael Sinclair vs. Denver	9/8/96
	Michael McCrary at Oakland	12/22/96
	Darryl Tapp vs. St. Louis	10/21/07
	Chris Clemons vs. Green Bay	9/24/12
3.5	Jacob Green vs. L.A. Raiders	10/16/83
	Michael Bennett at San Francisco	10/22/15
3.0	25 times (Last: Dunlap II at LAR,	12/21/21)

MOST INTERCEPTIONS

	Player, Game	Date
3	Kenny Easley at San Diego	10/29/84
	Eugene Robinson at Pittsburgh	10/6/92
	Darryl Williams vs. San Diego	9/21/97
	Lofa Tatupu at Philadelphia	12/2/07
	Marcus Trufant vs. Arizona	12/9/07
2	66 times (Last: J. Love vs. Phi)	12/18/23



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FULLBACK 1986-93

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84+
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90+
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10+	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16+	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*
2015	Doug Baldwin	16	14*	0	14*	0	0/0	84*
2016	Doug Baldwin	16	7	0	7	0	0/0	42
2017	Jimmy Graham	16	10	0	10^	0	0/0	62
2018	Tyler Lockett	16	10	0	10	0	0/0	62
2019	Chris Carson	15	9	7	2	0	0/0	54
2020	Tyler Lockett	16	10	0	10	0	0/0	60
	DK Metcalf	16	10	0	10	0	0/0	60
2021	DK Metcalf	17	12	0	12	0	0/0	72
2022	Tyler Lockett	16	9	0	9	0	0/0	54
	Kenneth Walker III	15	9	9	0	0	0/0	54
2023	Kenneth Walker III	15	9	8	1	0	0/0	54
2024	Zach Charbonnet	17	9	8	1	0	0/0	54

*Led NFL; + Led AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82

KICK SCORING, CONT.

		G	PATs	FGs	Pts.
1986	Norm Johnson	16	42-42	22-35	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56*-57*	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102
2009	Olindo Mare	16	28-28	24-26	100
2010	Olindo Mare	16	31-31	25-30	106
2011	Steven Hauschka	16	34-34	25-30	109
2012	Steven Hauschka	16	46-48	24-27	118
2013	Steven Hauschka	16	44-44	33-35	143^
2014	Steven Hauschka	16	41-41	31-37	134
2015	Steven Hauschka	16	40-44	29-31	127
2016	Steven Hauschka	16	29-35	33-37	128
2017	Blair Walsh	16	37-38	21-29	100
2018	Sebastian Janikowski	16	48-51	22-27	114
2019	Jason Myers	16	40-44	23-28	109
2020	Jason Myers	16	49-53	24-24	121
2021	Jason Myers	17	44-47	17-23	95
2022	Jason Myers	17	41-42	34^-37	143*
2023	Jason Myers	17	33-33	35-42*	138
2024	Jason Myers	17	37-40	26-30	115

* Led NFL, ^ Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7

YEARLY LEADERS, continued

RUSHING, CONT.

		G	Att.	Yds.	Avg.	LG	TD
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353^	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370*	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6
2011	Marshawn Lynch	15	285	1204	4.2	47	12
2012	Marshawn Lynch	16	315	1590	5.0	77t	11
2013	Marshawn Lynch	16	301	1257	4.2	43	12*
2014	Marshawn Lynch	16	280	1306	4.7	79t	13*
2015	Thomas Rawls	13	147	830	5.6*	69t	4
2016	Christine Michael	9	117	469	4.0	41t	6
2017	Russell Wilson	16	95	586	6.2	31	3
2018	Chris Carson	14	247	1151	4.7	61	9
2019	Chris Carson	15	278	1230	4.4	59	7
2020	Chris Carson	12	141	681	4.8	29t	5
2021	Rashaad Penny	10	119	749	6.3*	62t	6
2022	Kenneth Walker III	15	228	1050	4.6	74t	9
2023	Kenneth Walker III	15	219	905	4.1	45	8
2024	Kenneth Walker III	11	153	573	3.7	28	7

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2
2011	Tarvaris Jackson	15/14	450	271	3091	60.2	14	13	79.2
2012	Russell Wilson	16/16	393	252	3118	64.1	26	10	100.0
2013	Russell Wilson	16/16	407	257	3357	63.1	26	9	101.2
2014	Russell Wilson	16/16	452	285	3475	63.1	20	7	95.0
2015	Russell Wilson	16/16	483	329	4024	68.1	34	8	110.1*
2016	Russell Wilson	16/16	546	353	4219	64.7	21	11	92.6
2017	Russell Wilson	16/16	553	339	3983	61.3	34*	11	95.4

PASSING, CONT.

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
2018	Russell Wilson	16/16	427	280	3448	65.6	35^	7	110.9
2019	Russell Wilson	16/16	516	341	4110	66.0	31	5	106.3
2020	Russell Wilson	16/16	558	384	4212	68.8	40	13	105.1
2021	Russell Wilson	14/14	400	259	3113	64.8	25	6	103.1
2022	Geno Smith	17/17	572	399	4282	69.8*	30^	11	100.9
2023	Geno Smith	15/15	499	323	3624	64.7	20	9	92.1
2024	Geno Smith	17/17	578	407	4320	70.4	21	15	93.2

* Led NFL; ^ Led NFC; + Led AFC

RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10+
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7
2013	Golden Tate	16	64	898	14.0	80t	5
2014	Doug Baldwin	16	66	825	12.5	49	3
2015	Doug Baldwin	16	78	1069	13.7	80t	14*
2016	Doug Baldwin	16	94	1128	12.0	59	7
2017	Doug Baldwin	16	75	991	13.2	54	8
2018	Tyler Lockett	16	57	965	16.9	52t	10
2019	Tyler Lockett	16	82	1057	12.9	44t	8
2020	Tyler Lockett	16	100	1054	10.5	47t	10
2021	DK Metcalf	17	75	967	12.9	84t	12
2022	DK Metcalf	17	90	1048	11.6	54	6
2023	Tyler Lockett	17	79	894	11.3	37	5
2024	Jaxon Smith-Njigba	17	100	1130	11.3	46	6

* Led NFL; + Led AFC; ^ Led NFC

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12

YEARLY LEADERS, continued

RECEIVING YARDS, CONT.

		G	Yds.	No.	Avg.	LG	TD
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10+
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7
2013	Golden Tate	16	898	64	14.0	80t	5
2014	Doug Baldwin	16	825	66	12.5	49	3
2015	Doug Baldwin	16	1069	78	13.7	80t	14*
2016	Doug Baldwin	16	1128	94	12.0	59	7
2017	Doug Baldwin	16	991	75	13.2	54	8
2018	Tyler Lockett	16	965	57	16.9	52t	10
2019	Tyler Lockett	16	1057	82	12.9	44t	8
2020	DK Metcalf	16	1303	83	15.7	62	10
2021	Tyler Lockett	16	1175	73	16.1	69t	8
2022	DK Metcalf	17	1048	90	11.6	54	6
2023	DK Metcalf	16	1114	66	16.9	73t	8
2024	Jaxon Smith-Njigba	17	1130	100	11.3	46	6

* Led NFL; + Led AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0

INTERCEPTIONS, CONT.

		G	No.	Yds.	Avg.	LG	TD
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1
2009	David Hawthorne	16	3	9	3.0	5	0
	Deon Grant	16	3	7	2.3	7	0
2010	Earl Thomas	16	5	68	13.6	34	0
2011	Brandon Browner	16	6	220	36.7	94t	2*
2012	Richard Sherman	16	8	57	7.1	29	1
2013	Richard Sherman	16	8*	125	15.6	58t	1
2014	Richard Sherman	16	4	81	20.3	53	0
2015	Earl Thomas	16	5	67	13.4	32	0
2016	Richard Sherman	16	4	37	9.3	31	0
2017	Justin Coleman	16	2	58	29.0	30t	2
	Richard Sherman	9	2	20	10.0	19	0
	Earl Thomas	14	2	97	48.5	78t	1
	Bobby Wagner	16	2	7	3.5	7	0
2018	Bradley McDougald	16	3	39	13.0	39	0
	Earl Thomas	4	3	25	8.3	25	0
2019	Quandre Diggs	6	3	99	33.0	55t	1
	K.J. Wright	16	3	10	3.3	11	0
	Tre Flowers	15	3	0	0.0	0	0
2020	Quandre Diggs	16	5!	57	11.4	32	0
2021	Quandre Diggs	17	5	68	13.6	29	0
2022	Riq Woolen	17	6^	47	7.8	40t	1
2023	Julian Love	17	4	7	1.8	7	0
2024	Coby Bryant	17	3	87	29.0	69t	1
	Julian Love	17	3	33	11.0	26	0
	Riq Woolen	15	3	11	3.7	7	0

* Led NFL; ^ Tied NFL, + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2

YEARLY LEADERS, continued

PUNTING, CONT.

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70!	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0
2011	Jon Ryan	16	95	4431	46.6	39.3	77^	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73^	3	30	0
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1
2015	Jon Ryan	16	68	3105	45.7	37.9	73^	7	24	0
2016	Jon Ryan	16	71	3126	44.0	39.3	64	3	26	1
2017	Jon Ryan	16	92	4141	45.0	38.8	74^	6	29	0
2018	Michael Dickson	16	78	3759	48.2	42.5	69	5	28	1
2019	Michael Dickson	16	74	3341	45.1	40.9	63	5	34^	0
2020	Michael Dickson	16	61	3028	49.6^	44.4	67	6	32*	0
2021	Michael Dickson	17	83	3895	46.9	41.7	68	10	40*	0
2022	Michael Dickson	17	66	3199	48.5	44.4^	68	3	22	0
2023	Michael Dickson	17	66	3303	50.0	44.1	73	8	25	0
2024	Michael Dickson	17	76	3756	49.4	43.3	68	9	31	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC; ^ Led NFC

PUNT RETURNS

		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1
2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t@	1
2007	Nate Burleson	16	58*	8	658*	11.3	94t@	1
2008	Justin Forsett	11	23	9	227	9.9	29	0
2009	Nate Burleson	13	30	3	254	8.5	29	0
2010	Leon Washington	16	22	8	249	11.3	84	0
2011	Leon Washington	16	41	16	464	11.3	37	0
2012	Leon Washington	16	41	17	356	8.7	52	0
2013	Golden Tate	16	51^	14	585^	11.5	71	0
2014	Bryan Walters	13	27	23	207	7.7	21	0
2015	Tyler Lockett	16	40	21	379	9.5	66	1
2016	Tyler Lockett	15	29	22	243	8.4	62	0
2017	Tyler Lockett	16	36	21	237	6.6	27	0
2018	Tyler Lockett	16	25	20	143	5.7	19	0

PUNT RETURNS, CONT.

		G	No.	FC	Yds.	Avg.	LG	TD
2019	Tyler Lockett	16	13	10	66	5.1	20	0
2020	David Moore	16	12	14	111	9.3	20	0
2021	Freddie Swain	17	22	22	189	8.6	22	0
2022	DeeJay Dallas	15	14	11	102	7.3	20	0
2023	DeeJay Dallas	17	25	16	265	10.6	32	0
2024	Dee Williams	12	15	21	111	7.4	23	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC; ^ Led NFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753*	25.4	61	0
2009	Justin Forsett	16	18	432	24.0	46	0
2010	Leon Washington	16	57@	1461	25.6	101t	3*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0^	98t	1
2013	Jermaine Kearse	15	13	283	21.8	40	0
2014	Paul Richardson	15	16	376	23.5	47	0
2015	Tyler Lockett	16	33	852	25.8	105t	1
2016	Tyler Lockett	15	23	606	26.3	46	0
2017	Tyler Lockett	16	37	949	25.6	99t	1
2018	Tyler Lockett	16	19	493	25.9	84	0
2019	Tyler Lockett	16	14	279	19.9	33	0
2020	Travis Homer	9	12	291	24.3	44	0
2021	DeeJay Dallas	17	33	764	23.2	40	0
2022	DeeJay Dallas	15	12	270	22.5	30	0
2023	DeeJay Dallas	17	17	440	25.9	34	0
2024	Laviska Shenault Jr.	11	16	459	28.7	97t	1

* Led NFL; + Led AFC; ^ Led NFC; ! Tied NFC; @ Tied NFL

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.
1976	Dave Brown	14	111
1977	Terry Beeson	14	134
1978	Terry Beeson	16	153
1979	Terry Beeson	16	114
1980	Michael Jackson	15	136
1981	Michael Jackson	16	140
1982	Michael Jackson	8	64
1983	Bruce Scholtz	16	104
1984	Shelton Robinson	16	93
1985	Fredd Young	16	118
1986	Fredd Young	15	121
1987	Fredd Young	13	101
1988	Eugene Robinson	16	114
1989	Eugene Robinson	16	102
1990	Nesby Glasgow	16	83
1991	Terry Wooden	16	100
1992	Eugene Robinson	16	94
1993	Eugene Robinson	16	111
1994	Rod Stephens	16	128
1995	Terry Wooden	16	135
1996	Dean Wells	16	107
1997	Chad Brown	15	104
1998	Chad Brown	16	150
1999	Chad Brown	15	117
2000	Anthony Simmons	16	147
2001	Anthony Simmons	16	123
2002	Reggie Tongue	16	93
2003	Anthony Simmons	13	100
2004	Marcus Trufant	16	93
2005	Lofa Tatupu	16	105
2006	Lofa Tatupu	16	123
2007	Lofa Tatupu	16	109
2008	Lofa Tatupu	15	94
2009	David Hawthorne	16	116
2010	David Hawthorne	16	105
2011	David Hawthorne	15	115
2012	Bobby Wagner	16	140
2013	Bobby Wagner	14	119
2014	K.J. Wright	16	107
2015	K.J. Wright	16	116
2016	Bobby Wagner	16	167*
2017	Bobby Wagner	16	133
2018	Bobby Wagner	15	138
2019	Bobby Wagner	16	159*
2020	Bobby Wagner	16	138
2021	Jordyn Brooks	17	183
2022	Jordyn Brooks	16	161
2023	Bobby Wagner	17	183*
2024	Julian Love	17	106

*Led NFL

SACKS

		G	No.
1976	Steve Niehaus	14	9.5
1977	Alden Roche	12	3.5
1978	Bill Gregory	16	9.0
1979	Manu Tuiasosopo	16	8.0
1980	Jacob Green	14	6.5
1981	Jacob Green	16	12.0
1982	Jeff Bryant	9	3.0
	Jacob Green	9	3.0
1983	Jacob Green	16	16.0
1984	Jeff Bryant	16	14.5

SACKS, CONT.

		G	No.
1985	Jacob Green	16	13.5
1986	Jacob Green	16	12.0
1987	Jacob Green	12	9.5
1988	Jacob Green	16	9.0
1989	Rufus Porter	16	10.5
1990	Jacob Green	16	12.5
1991	Rufus Porter	15	10.0
1992	Cortez Kennedy	16	14.0
1993	Michael Sinclair	9	8.0
1994	Michael Sinclair	12	4.5
1995	Antonio Edwards	13	6.5
	Cortez Kennedy	16	6.5
1996	Michael McCrary	16	13.5+
1997	Michael Sinclair	16	12.0
1998	Michael Sinclair	16	16.5*
1999	Phillip Daniels	16	9.0
2000	Chad Brown	16	6.0
	Lamar King	14	6.0
2001	John Randle	15	11.0
2002	John Randle	12	7.0
2003	Chike Okeafor	16	8.0
2004	Chike Okeafor	16	8.5
2005	Bryce Fisher	16	9.0
2006	Julian Peterson	16	10.0
2007	Patrick Kerney	16	14.5^
2008	Brandon Mebane	16	5.5
	Darryl Tapp	16	5.5
2009	Patrick Kerney	14	5.0
2010	Chris Clemons	16	11.0
2011	Chris Clemons	16	11.0
2012	Chris Clemons	16	11.5
2013	Michael Bennett	16	8.5
2014	Michael Bennett	16	7.0
2015	Michael Bennett	16	10.0
2016	Cliff Avril	16	11.5
2017	Frank Clark	16	9.0
2018	Frank Clark	16	13.0
2019	Rasheem Green	16	4.0
2020	Jamal Adams	12	9.5
2021	Carlos Dunlap II	17	8.5
2022	Darrell Taylor	16	9.5
	Uchenna Nwosu	17	9.5
2023	Boye Mafe	16	9.0
2024	Leonard Williams	16	11.0

* Led NFL; + Led AFC; ^ Led NFC

SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6

SPECIAL TEAMS TACKLES, CONT.

		G	No.
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23
2006	Kevin Bentley	14	14
	Niko Koutouvides	16	14
2007	Niko Koutouvides	15	20
2008	Jordan Babineaux	14	14
	C.J. Wallace	12	14
2009	Lance Laury	16	21
2010	Matt McCoy	14	19
2011	Heath Farwell	11	21
2012	Heath Farwell	16	15
2013	Jeremy Lane	14	13
2014	Jeron Johnson	15	8
2015	Kelcie McCray	16	12
2016	Neiko Thorpe	15	9
2017	Neiko Thorpe	14	10
2018	Justin Coleman	16	12
	Barkevious Mingo	16	12
2019	Ugo Amadi	16	10
2020	Cody Barton	16	16
2021	Nick Bellore	17	15
2022	Nick Bellore	16	14
2023	Julian Love	17	13
2024	Brady Russell	11	10

TEAM JERSEY COMBO W/L RECORD SINCE 2012

College Navy/College Navy: 66-30; **White/College Navy:** 32-21; **Wolf Grey/Wolf Grey:** 13-2-1; **Action Green/Action Green:** 5-3; **Action Green/College Navy:** 3-1; **College Navy/Wolf Grey:** 7-6; **White/White:** 9-11; **White/Wolf Grey:** 5-10; **Royal Blue/Silver**: 2-2 **Overall:** 142-86-1

2012

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	20-16	at Arizona	White	Grey
9/16	W	27-7	Dallas	Navy	Navy
9/24	W	14-12	Green Bay	Navy	Navy
9/30	L	19-13	at St. Louis	White	Grey
10/7	W	16-12	at Carolina	Navy	Grey
10/14	W	24-23	New England	Navy	Navy
10/18	L	13-6	at San Francisco	White	Grey
10/28	L	28-24	at Detroit	White	Navy
11/4	W	30-20	Minnesota	Navy	Navy
11/11	W	28-7	N.Y. Jets	Navy	Navy
11/25	L	24-21	at Miami	Navy	Grey
12/2	W	23-17	at Chicago	White	White
12/9	W	58-0	Arizona	Navy	Navy
12/16	W	50-17	at Buffalo	Grey	Grey
12/23	W	42-13	San Francisco	Navy	Navy
12/30	W	20-13	St. Louis	Navy	Navy
1/6	W	24-14	at Washington	*White	White
1/13	L	30-28	at Atlanta	*White	White

* postseason

2013

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	12-7	at Carolina	Navy	Grey
9/15	W	29-3	San Francisco	Navy	Navy
9/22	W	45-17	Jacksonville	Navy	Navy
9/29	W	23-20	at Houston	Grey	Grey
10/6	L	34-28	at Indianapolis	White	White
10/13	W	20-13	Tennessee	Navy	Navy
10/17	W	34-22	at Arizona	Grey	Grey
10/28	W	14-9	at St. Louis	White	White
11/3	W	27-24	Tampa Bay	Navy	Navy
11/10	W	33-10	at Atlanta	White	Navy
11/17	W	41-20	Minnesota	Navy	Navy
12/2	W	34-7	New Orleans	Navy	Navy
12/8	L	19-17	at San Francisco	White	White
12/15	W	23-0	at N.Y. Giants	White	Navy
12/22	L	17-10	Arizona	Navy	Navy
12/29	W	27-9	St. Louis	Navy	Navy
1/11	W	23-15	New Orleans	*Navy	Navy
1/19	W	23-17	San Francisco	*Navy	Navy
2/2	W	43-8	Denver	*White	Navy

* postseason

2014

Date	W/L	Score	Opponent	Jersey	Pants
9/4	W	36-16	Green Bay	Navy	Navy
9/14	L	30-21	at San Diego	Navy	Grey
9/21	W	26-20	Denver (OT)	Navy	Navy
10/6	W	27-17	Washington	White	White
10/12	L	30-23	at Dallas	Navy	Navy
10/19	L	28-26	at St.Louis	White	Grey
10/26	W	13-9	at Carolina	Grey	Grey
11/2	W	30-24	at Oakland	Navy	Navy
11/9	W	38-17	N.Y. Giants	Navy	Navy
11/16	L	24-20	at Kansas City	White	Navy
11/23	W	19-3	at Arizona	Navy	Navy
11/27	W	19-3	at San Francisco	Grey	Grey
12/7	W	24-14	at Philadelphia	White	Navy
12/14	W	17-7	at San Francisco	Navy	Navy
12/21	W	35-6	at Arizona	White	Navy
12/28	W	20-6	St. Louis	Navy	Navy
1/10	W	31-17	Carolina	*Navy	Navy
1/18	W	28-22	Green Bay (OT)	*Navy	Navy
2/1	L	28-24	New England	*Navy	Navy

* postseason

2015

Date	W/L	Score	Opponent	Jersey	Pants
9/13	L	34-31	at St. Louis	White	Navy
9/20	L	27-17	at Green Bay	White	White
9/27	W	26-0	Chicago	Navy	Navy
10/5	W	13-10	Detroit	Navy	Navy
10/11	L	27-24	at Cincinnati	White	Navy
10/18	L	27-23	Carolina	Navy	Navy
10/22	W	20-3	at San Francisco	Grey	Grey
11/1	W	13-12	at Dallas	Navy	Navy
11/15	L	39-32	Arizona	Navy	Navy
11/22	W	29-13	San Francisco	Navy	Navy
11/29	W	39-30	at Pittsburgh	Navy	Navy
12/6	W	38-7	at Minnesota	White	Grey
12/13	W	35-6	Baltimore	White	Navy
12/20	W	30-13	Cleveland	Navy	Navy
12/27	L	23-17	St. Louis	Navy	Navy
1/3	W	36-6	at Arizona	Grey	Grey
1/10	W	10-9	at Minnesota	*White	Navy
1/17	L	31-24	at Carolina	*Navy	Grey

* postseason

2016

Date	W/L	Score	Opponent	Jersey	Pants
9/11	W	12-10	Miami	Navy	Navy
9/18	L	9-3	at L.A. Rams	White	Navy
9/25	W	37-18	San Francisco	Navy	Navy
10/2	W	27-17	at New York Jets	Navy	Navy
10/16	W	26-24	Atlanta	Navy	Navy
10/23	T	6-6	at Arizona (OT)	Grey	Grey
10/30	L	25-20	at New Orleans	White	White
11/7	W	31-25	Buffalo	Navy	Navy
11/13	W	31-24	at New England	White	Navy
11/20	W	26-15	Philadelphia	Navy	Navy
11/27	L	14-5	at Tampa Bay	White	Grey
12/4	W	40-7	Carolina	Navy	Navy
12/11	L	38-10	at Green Bay	Grey	Grey
12/15	W	24-3	L.A.Rams	Green	Green
12/24	L	34-31	Arizona (OT)	Navy	Navy
1/1	W	25-23	at San Francisco	White	Navy
1/7	W	26-6	Detroit	*Navy	Navy
1/14	L	36-20	at Atlanta	*White	Navy

* postseason

2017

Date	W/L	Score	Opponent	Jersey	Pants
9/10	L	17-9	at Green Bay	White	Navy
9/17	W	12-9	San Francisco	Navy	Navy
9/24	L	33-27	at Tennessee	White	Grey
10/1	W	46-18	Indianapolis	Navy	Navy
10/8	W	16-10	at L.A. Rams	White	White
10/22	W	24-7	at N.Y. Giants	Grey	Grey
10/29	W	41-38	Houston	Navy	Navy
11/5	L	17-14	Washington	Navy	Navy
11/9	W	22-16	at Arizona	Green	Green
11/20	L	34-31	Atlanta	Navy	Navy
11/26	W	24-13	at San Francisco	White	Navy
12/3	W	24-10	Philadelphia	Navy	Navy
12/10	L	30-24	at Jacksonville	White	Navy
12/17	L	42-7	L.A. Rams	Navy	Navy
12/24	W	21-12	at Dallas	Navy	Navy
12/31	L	26-24	Arizona	Navy	Navy

TEAM JERSEY COMBO, continued

2018

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	27-24	at Denver	White	Navy
9/17	L	24-7	at Chicago	White	White
9/23	W	24-13	Dallas	Navy	Navy
9/30	W	20-17	at Arizona	Grey	Grey
10/7	L	33-31	L.A. Rams	Navy	Navy
10/14	W	27-3	at Oakland	White	Navy
10/28	W	28-14	at Detroit	White	Navy
11/4	L	25-17	L.A. Chargers	Navy	Navy
11/11	L	36-31	at L.A. Rams	White	Grey
11/15	W	27-24	Green Bay	Navy	Navy
11/25	W	30-27	at Carolina	White	Navy
12/2	W	43-16	San Francisco	Navy	Navy
12/10	W	21-7	Minnesota	Green	Green
12/16	L	26-23	at San Francisco	White	Navy
12/23	W	38-31	Kansas City	Navy	Navy
12/30	W	27-24	Arizona	Navy	Navy
1/5	L	24-22	at Dallas	*Navy	Grey

* postseason

2019

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	21-20	Cincinnati	Navy	Navy
9/15	W	28-26	at Pittsburgh	White	Navy
9/22	L	33-27	New Orleans	Navy	Navy
9/29	W	27-10	at Arizona	Grey	Grey
10/3	W	30-29	L.A.Rams	Green	Green
10/13	W	32-28	at Cleveland	White	Navy
10/20	L	30-16	Baltimore	Navy	Navy
10/27	W	27-20	at Atlanta	White	Navy
11/3	W	40-34	Tampa Bay	Navy	Navy
11/11	W	27-24	at San Francisco	Grey	Grey
11/24	W	17-9	at Philadelphia	White	Navy
12/2	W	37-30	Minnesota	Green	Navy
12/8	L	28-12	at L.A.Rams	White	Navy
12/15	W	30-24	at Carolina	White	Navy
12/22	L	27-13	Arizona	Navy	Navy
12/29	L	26-21	San Francisco	Navy	Navy
1/5	W	17-9	at Philadelphia	*White	Navy
1/12	L	28-23	at Green Bay	*White	Navy

* postseason

2020

Date	W/L	Score	Opponent	Jersey	Pants
9/13	W	38-25	at Atlanta	White	White
9/20	W	35-30	New England	Navy	Navy
9/27	W	38-31	Dallas	Navy	Navy
10/4	W	31-23	at Miami	Navy	Grey
10/11	W	27-26	Minnesota	Green	Navy
10/25	L	37-34	at Arizona	Grey	Grey
11/1	W	37-27	San Francisco	Navy	Navy
11/8	L	44-34	at Buffalo	White	Grey
11/15	L	23-16	at L.A. Rams	White	Navy
11/19	W	28-21	Arizona	Green	Navy
11/30	W	23-17	at Philadelphia	White	Navy
12/6	L	17-12	N.Y. Giants	Navy	Navy
12/13	W	40-3	N.Y. Jets	Navy	Navy
12/20	W	20-15	at Washington	White	Navy
12/27	W	20-9	L.A. Rams	Navy	Navy
1/3	W	26-23	at SF (in Arizona)	Navy	Navy
1/9	L	30-20	L.A. Rams	*Navy	Navy

* postseason

2021

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	28-16	at Indianapolis	White	Navy
9/19	L	33-30	Tennessee (OT)	Navy	Navy
9/26	L	20-7	at Minnesota	White	Navy
10/3	W	28-21	at San Francisco	White	Navy
10/7	L	26-17	L.A. Rams	Green	Green

2021 cont.

Date	W/L	Score	Opponent	Jersey	Pants
10/17	L	23-20	at Pittsburgh (OT)	White	Navy
10/25	L	13-10	New Orleans	Navy	Navy
10/31	W	31-7	Jacksonville	Navy	Navy
11/14	L	17-0	at Green Bay	White	Navy
11/21	L	23-13	Arizona	Navy	Navy
11/29	L	17-15	at Washington	White	White
12/5	W	30-23	San Francisco	Navy	Navy
12/12	W	33-13	at Houston	White	Grey
12/21	L	20-10	at L.A. Rams	White	White
12/26	L	25-24	Chicago	Navy	Grey
1/2	W	26-23	Detroit	Navy	Navy
1/9	W	38-30	at Arizona	Grey	Grey

2022

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	17-16	Denver	Green	Green
9/18	L	27-7	at San Francisco	White	Navy
9/25	L	27-23	Atlanta	Navy	Navy
10/2	W	48-45	at Detroit	White	Navy
10/9	L	39-32	at New Orleans	White	White
10/16	W	19-9	Arizona	Navy	Navy
10/23	W	37-23	at L.A. Chargers	White	Grey
10/30	W	27-13	N.Y. Giants	Navy	Navy
11/6	W	31-21	at Arizona	Grey	Grey
11/13	L	21-16	vs. Tampa Bay	White	Navy
11/27	L	40-34	Las Vegas (OT)	Navy	Navy
12/5	W	27-23	at L.A. Rams	White	White
12/11	L	30-24	Carolina	Navy	Grey
12/15	L	21-13	San Francisco	Green	Navy
12/24	L	24-10	at Kansas City	White	Navy
1/1	W	23-6	N.Y. Jets	Navy	Grey
1/8	W	19-16	L.A. Rams (OT)	Navy	Navy
1/14	L	41-23	at San Francisco	*White	Grey

* postseason

2023

Date	W/L	Score	Opponent	Jersey	Pants
9/10	L	30-13	L.A. Rams	Navy	Navy
9/17	W	37-31	at Detroit (OT)	White	Navy
9/24	W	37-27	Carolina	White	Navy
10/2	W	24-3	at N.Y. Giants	White	White
10/15	L	17-13	at Cincinnati	White	Navy
10/22	W	20-10	Arizona	Navy	Grey
10/29	W	24-20	Cleveland	Royal Blue	Silver
11/5	L	37-3	at Baltimore	White	White
11/12	W	29-26	Washington	Navy	Grey
11/19	L	17-16	at L.A. Rams	White	Grey
11/23	L	31-13	San Francisco	Green	Green
11/30	L	41-35	at Dallas	Royal Blue	Silver
12/10	L	28-16	at San Francisco	White	Navy
12/18	W	20-17	Philadelphia	Navy	Navy
12/24	W	20-17	at Tennessee	White	Navy
12/31	L	30-23	Pittsburgh	Navy	Navy
1/7	W	21-20	at Arizona	White	Navy

2024

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	26-20	Denver	Royal Blue	Silver
9/15	W	23-20	at New England (OT)	White	Navy
9/22	W	24-3	Miami	Navy	Navy
9/30	L	42-29	at Detroit	White	White
10/6	L	29-20	N.Y. Giants	Navy	Navy
10/10	L	36-24	San Francisco	Royal Blue	Silver
10/20	W	34-14	at Atlanta	White	Grey
10/27	L	31-10	Buffalo	Navy	Navy
11/3	L	26-20	L.A. Rams (OT)	Navy	Navy
11/17	W	20-17	at San Francisco	White	Navy
11/24	W	16-6	Arizona	Navy	Grey
12/1	W	26-21	at N.Y. Jets	White	Navy
12/8	W	30-18	at Arizona	White	Grey
12/15	L	30-13	Green Bay	Green	Green
12/22	L	27-24	Minnesota	Navy	Navy
12/26	W	6-3	at Chicago	White	Navy
1/5	W	30-25	at L.A. Rams	White	White

DRAFT SUMMARIES

1976 VETERAN ALLOCATION

Player	Pos.	Former Team
Wayne Baker	DT	San Francisco
Carl Barisich	DT	Cleveland
Nick Bebout	T	Atlanta
Lyle Blackwood	DB	Cincinnati
Ed Bradley	LB	Pittsburgh
Dave Brown	DB	Pittsburgh
Don Clune	WR	N.Y. Giants
Rondy Colbert	DB	N.Y. Giants
Dwayne Crump	DB	St. Louis
Mike Curtis	LB	Baltimore
Jerry Davis	DB	N.Y Jets
John Demarie	G	Cleveland
Norm Evans	T	Miami
Ken Geddes	LB	L.A. Rams
Gary Hayman	RB	Buffalo
Fred Hoaglin	C	Houston
Neil Graff	QB	New England
Don Hansen	LB	Atlanta
Ron Howard	TE	Dallas
Ken Hutcherson	LB	Green Bay
Player,	Pos.	Former Team
Gordon Jolley	T	Detroit
Gary Keithley	QB	St. Louis
Art Kuehn	C	Washington
Kerry Marbury	RB	New England
Al Matthews	DB	Green Bay
Sam McCullum	WR	Minnesota
John McMakin	TE	Detroit
Eddie McMillan	DB	L.A. Rams
Bill Olds	RB	Baltimore
Jesse O'Neal	DE	Houston
Joe Owens	DE	New Orleans
Bob Penchion	G	San Francisco
Bob Picard	WR	Philadelphia
Rocky Rasley	G	Kansas City
Steve Taylor	DB	Denver
Dave Tipton	DE	San Diego
Charles Waddell	TE	San Diego
Larry Woods	DT	N.Y. Jets
Rolly Woolsey	DB	Dallas

1976 COLLEGE DRAFT

Rd.	Player (Pick, Overall)	Pos.	College
1.	Steve Niehaus (2, 2)	DT	Notre Dame
2a.	Sammy Green (1, 29)	LB	Florida
2b.	Sherman Smith (30, 58)	RB	Miami (OH)
2c.	Steve Raible (31, 59)	WR	Georgia Tech
3a.	Jeff Lloyd (2, 62)	DE	West Texas St.
3b.	Rick Engles (29, 89)	P	Tulsa
3c.	Don Bitterlich (32, 92)	K	Temple
4a.	Steve Myer (1, 93)	QB	New Mexico
4b.	Randy Johnson (30, 122)	G	Georgia
4c.	Andrew Bolton (31, 123)	RB	Fisk
5a.	Don Dufek (2, 126)	DB	Michigan
5b.	Ernie Jones (29, 153)	DB	Miami
5c.	Larry Bates (32, 156)	FB	Miami
6.	Alvis Darby (1, 157)	TE	Florida
7.	Dick Dixon (2, 184)	DT	Arkansas St.
8.	Larry Shipp (1, 210)	WR	LSU
9.	Bob Bos (2, 239)	T	Iowa St.
10.	Randy Coffield (1, 266)	LB	Florida St.
11.	Keith Muehr (2, 293)	P	SW Louisiana
12.	Ron Barnett (1, 320)	WR	Texas-Arlington
13.	Andy Reid (2, 349)	RB	Georgia
14.	Jarvis Blinks (1, 376)	DB	Northwestern St.
15.	Dan Smith (2, 405)	T	Washington St.
16.	Jeff Urczyk (1, 432)	G	Georgia Tech
17.	Chris Rowland (2, 461)	QB	Washington

1977 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#2 traded to Dallas for 1977 1st-round #14 and 1977 2nd-round picks #30, #41, #54)		
1a.	Steve August (14, 14) (from Dallas)	G	Tulsa
2a.	Tom Lynch (2, 30) (from Dallas)	T	Boston College
2.	(#31 traded to L.A. Rams for C Geoff Reece and 1977 2nd-round #51)		
2b.	Terry Beeson (23, 41) (from Dallas)	LB	Kansas
2c.	Peter Cronan (2, 51) (from L.A. Rams)	LB	Boston College
2.	(#54 traded to Dallas for WR Duke Fergerson) (from Dallas)		
3.	Dennis Boyd (2, 58)	DE	Oregon St.
4a.	John Yarno (3, 87)	C	Idaho
4b.	Larry Seivers, (27, 111) (from Minnesota)	WR	Tennessee
5.	(#114 traded to Detroit for QB Bill Munson)		
6	Tony Benjamin (3, 142)	FB	Duke
7.	David Sims (2, 169)	RB/FB	Georgia Tech
8.	(#198 traded to Houston for WR Steve Largent)		
9.	George Adzick (2, 225)	S	Minnesota
10.	Sam Adkins (3, 254)	QB	Wichita St.
11.	Bill Westbeld (2, 281)	T	Dayton
12.	(#310 traded to Pittsburgh for G Ron Coder and 1977 12-round #329)		
12.	I.V. Wilson (22, 329) (from Pittsburgh)	DT	Tulsa

1977 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College
1.	Al Hunter	RB	Notre Dame

1978 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Keith Simpson (9, 9)	DB	Memphis St.
2.	Keith Butler (8, 36)	LB	Memphis St.
3.	Bob Jury (7, 63)	DB	Pittsburgh
4.	Al Hunter (choice exercised in 1977 supplemental draft)	RB	Notre Dame
5.	Louis Bullard (9, 119)	T	Jackson St.
6.	Glenn Starks (8, 146)	WR	Texas A&I
7.	John Harris (7, 173)	DB	Arizona St.
8.	(#204 traded to Minnesota for S Autry Beamon and LB Amos Martin)		
9.	Rich Grimmett (9, 231)	T	Illinois
10.	Rob Stewart (8, 258)	WR	Lafayette
11.	(#285 traded to New Orleans for DE Andy Dorris)		
11.	George Halas (23, 301) (from Miami)	LB	Miami
12.	Jeff Bergeron (10, 316)	RB	Lamar

DRAFT SUMMARIES

1979 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Manu Tuiasosopo (18, 18)	DT	UCLA
2.	Joe Norman (17, 45)	LB	Indiana
3.	Michael Jackson (1, 57) (from San Francisco)	LB	Washington
3.	(#76 traded to Dallas for DE Bill Gregory and 1979 3rd-round #82)		
3.	(#82 traded with S Bob Jury to San Francisco for 1979 3rd-round #57)		
4.	Mark Bell (20, 102)	TE	Colorado St.
4.	(#116 voluntary compensation to Buffalo for WR Ahmad Rashad signing in 1976) (from Tampa Bay)		
5.	(#128 traded to Dallas for K Efren Herrera)		
6.	(#155 traded to Dallas for DE Bill Gregory and 1979 3rd-round #82)		
7.	Larry Polowski (4, 169) (from Washington)	LB	Boise St.
7.	(#182 traded with FB Don Testerman to Washington for 1979 7th-round #169 and 1980 5th-round #132)		
8.	(#213 traded with DT Bill Cooke to Detroit for DE Ernie Price)		
9.	Ezra Tate (20, 240)	RB	Mississippi St.
10.	Robert Hardy (19, 267)	DT	Jackson St.
11.	Jim Hinesly (18, 293)	G	Michigan St.
12.	Jeff Moore (16, 319)	RB	Jackson St.

1980 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Jacob Green (10, 10) (from Buffalo)	DE	Texas A&M
1.	(#16 traded to Buffalo for 1980 1st-round #10)		
2.	Andre Hines (16, 44)	T	Stanford
3.	(#71 traded to Buffalo for 1980 1st-round #10)		
4.	Terry Dion (14, 97)	DE	Oregon
5a.	Joe Steele (17, 127)	RB	Washington
5b.	Daniel Jacobs (22, 132) (from Washington)	DE	Winston-Salem St.
6.	Mark McNeal (15, 153)	DE	Idaho
7.	(#179 traded to N.Y. Giants for FB Dan Doornink)		
8a.	Vic Minor (11, 204) (from Minnesota)	S	Northeast LA
8b.	Jack Cosgrove (14, 207)	C	Pacific
9.	Jim Swift (17, 238)	T	Iowa
10a.	Ron Essink (16, 265)	T	Grand Val. St.
10b.	Billy Reaves (25, 274) (from Houston)	WR	Morris Brown
11.	Tali Ena (15, 292)	RB	Washington St.
12.	Presnell Gilbert (14, 319)	CB	U.S. Int'l.

1981 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Kenny Easley (1, 4)	S	UCLA
2.	David Hughes (3, 31)	FB	Boise St.
3.	Bill Dugan (2, 58)	G	Penn St.
4.	Scott Phillips (4, 87)	WR	BYU
5.	Edwin Bailey (3, 114)	G	S. Carolina St.
6.	Steve Durham (2, 140)	DE	Clemson
7a.	Ron Johnson (4, 170)	WR	Long Beach
7b.	Brad Scoville (20, 186) (from Houston)	TE	Penn St.
8.	Eric Lane (3, 196)	RB	BYU
9a.	Jim Stone (2, 223)	RB	Notre Dame
9b.	Jim Whatley (15, 236) (from Minnesota)	WR	Washington St.
10.	Ken Dawson (4, 252)	RB	Savannah St.
11.	Lance Olander (3, 279)	RB	Colorado
12.	Jeff Bednarek (2, 306)	DT	Pacific

1982 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Jeff Bryant (6, 6)	DE	Clemson
2.	Bruce Scholtz (6, 33)	LB	Texas
3.	(#60 traded to New England for RB Horace Ivory)		
3.	Pete Metzelaars (20, 75) (from Buffalo)	TE	Wabash
4.	(#90 traded to St. Louis for RB Theotis Brown)		
5.	(#117 traded to L.A. Rams for FB Jim Jodat)		
6.	Jack Campbell (5, 144)	T	Utah
7.	Eugene Williams (7, 174)	LB	Tulsa
8.	Chester Cooper (6, 201)	WR	Minnesota
9.	David Jefferson (5, 228)	LB	Miami
10.	Craig Austin (7, 258)	LB	So. Dakota
11.	Sam Clancy (5, 284)	TE	Pittsburgh
12.	Frank Naylor (5, 311)	C	Rutgers

1983 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Curt Warner (3, 3) (from Houston)	RB	Penn St.
1.	(#9 traded to Houston for 1983 1st-round #3)		
2.	(#42 traded to Houston for 1983 1st-round #3)		
3.	(#69 traded to Houston for 1983 1st-round #3)		
4.	(#96 traded to St. Louis for RB Theotis Brown)		
5.	Chris Castor (11, 123)	WR	Duke
6.	Reginald Gipson (10, 150)	FB	Alabama A&M
7.	Sam Merriman (9, 177)	LB	Idaho
8.	Matt Hernandez (14, 210)	T	Purdue
9.	Bob Clasby (12, 236)	T	Notre Dame
10.	Pete Speros (12, 263)	G	Penn St.
11.	Bob Mayberry (11, 290)	G	Clemson
12.	Don Dow (10, 317)	T	Washington

1984 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Terry Taylor (22, 22)	CB	So. Illinois
2.	Daryl Turner (21, 49)	WR	Michigan St.
3.	Fredd Young (20, 76)	LB	New Mexico St.
4.	Rickey Hagood (2, 86) (from San Francisco)	NT	S. Carolina
4.	(#103 traded to Baltimore for WR Roger Carr)		
5.	(#125 traded to N.Y. Giants for CB Terry Jackson) (from San Diego)		
5.	(#130 traded to Baltimore for G Robert Pratt)		
6.	John Kaiser (22, 162)	LB	Arizona
7.	Sam Slater (21, 189)	T	Weber St.
8.	John Puzar (20, 216)	C	Long Beach
9.	Adam Schreiber (19, 243)	G	Texas
10.	Randall Morris (18, 270)	RB	Tennessee
11.	Steve Gemza (22, 302)	T	UCLA
12.	Theo Windham (21, 329)	S	Utah St.

DRAFT SUMMARIES

1984 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College
1.	Gordon Hudson	TE	BYU
2.	Alvin Powell	G	Winston Salem
3.	Frank Seurer	QB	Kansas

1985 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#25 traded to Cincinnati for C Blair Bush)		
2.	Owen Gill (25, 53)	FB	Iowa
3.	Danny Greene (25, 81)	WR	Washington
4.	Tony Davis (25, 109)	TE	Missouri
5a.	Mark Napolitan (11, 123) (from San Diego)	C	Michigan St.
5b.	Arnold Brown (16, 128) (from Pittsburgh)	CB	N.C. Central
5c.	Johnnie Jones (25, 137)	RB	Tennessee
6.	(#165 traded to N.Y. Giants for CB Terry Jackson)		
7.	Ron Mattes (25, 193)	T	Virginia
8.	Judious Lewis (25, 221)	WR	Arkansas St.
9.	Bob Otto (24, 248)	DE	Idaho St.
10a.	John Conner (25, 227)	QB	Arizona
10b	James Bowers (28, 280) (from San Francisco)	S	Memphis St.
11.	Louis Cooper (25, 305)	LB	W. Carolina
12.	(#333 traded to Buffalo for G Reggie McKenzie)		

1986 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	John L. Williams (1, 15)	FB	Florida
2.	(#42 traded to New England for T Bob Cryder)		
3.	Patrick Hunter (13, 68)	CB	Nevada-Reno
4.	(#99 traded to Cincinnati for TE Dan Ross)		
5.	Bobby Joe Edmonds (16, 126)	WR	Arkansas
6.	Eddie Anderson (15, 153)	S	Fort Valley St.
7.	(#180 traded to Buffalo for G Jon Borchardt)		
7.	Paul Miles (15, 181) (from Cleveland)	RB	Nebraska
8.	Alonzo Mitz (17, 211)	DE	Florida
9.	Michael Black (16, 237)	T	Sacram. St.
10.	Don Fairbanks (15, 264)	DE	Colorado
11.	David Norrie (14, 291)	QB	UCLA
12.	John McVeigh (16, 321)	LB	Miami

1987 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Tony Woods (18, 18)	LB	Pittsburgh
2.	David Wyman (17, 45)	LB	Stanford
3.	(#77 traded to Cincinnati for T Mike Wilson)		
4.	Mark Moore (20, 104)	S	Oklahoma St.
5a.	Tommie Agee (7, 119) (from Detroit)	FB	Auburn
5b.	Ruben Rodriguez (19, 131)	P	Arizona
6.	(#158 traded to Philadelphia for G Greg Naron)		
7a.	Roland Barbay (16, 184) (from Minnesota)	NT	LSU
7b.	Derek Tennell (17, 185)	TE	UCLA
8.	Sammy Garza (21, 216)	QB	Texas-El Paso
9.	M.L. Johnson (20, 243)	LB	Hawaii
10.	Louis Clark (19, 270)	WR	Miss. St.
11.	Daryl Oliver (18, 297)	RB	Miami
12a.	Wes Dove (5, 312) (from Green Bay)	DE	Syracuse
12b.	Tony Burse (17, 324)	FB	Mid. Tenn. St.

1987 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College
1.	Brian Bosworth	LB	Oklahoma

1988 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Brian Bosworth (choice exercised in 1987 supplemental draft)	LB	Oklahoma
2.	Brian Blades (2, 22)	WR	Miami
3.	Tommy Kane (3, 20)	WR	Syracuse
4.	Kevin Harmon (19, 101)	RB	Iowa
5.	(#120 traded to Phoenix for QB Kelly Stouffer). (from Dallas)		
5.	(#131 traded to San Francisco for QB Jeff Kemp)		
6.	Roy Hart (21, 158)	NT	South Carolina
7.	Ray Jackson (20, 185)	CB	Ohio St.
8.	Robert Tyler (22, 215)	TE	S. Carolina St.
9.	Deatrich Wise (21, 242)	NT	Jackson St.
10.	Derwin Jones (20, 269)	DE	Miami
11a.	Rick McLeod (7, 284) (from Green Bay)	T	Washington
11b.	Dwayne Harper (22, 299)	CB	S. Carolina St.
12.	Dave DesRochers (21, 326)	T	San Diego St.

1989 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Andy Heck (15, 15) (from Indianapolis)	T	Notre Dame
1.	(#17 traded to Phoenix for QB Kelly Stouffer)		
2.	Joe Tofflemire (16, 44)	C	Arizona
3.	Elroy Harris (15, 71)	RB	E. Kentucky
4a.	Travis McNeal (17, 101)	TE	Tenn.-Chat.
4b.	James Henry (19, 103) (from Philadelphia)	RS/CB	So. Mississippi
5.	(#128 traded to Phoenix for QB Kelly Stouffer)		
6.	(#154 traded to Tampa Bay with NT Randy Edwards for T Ron Heller)		
7.	Mike Nettles (17, 184)	CB	Memphis St.
8.	Marlin Williams (16, 211)	DE	W. Illinois
9.	David Franks (15, 238)	G	Connecticut
10.	Derrick Fenner (17, 268)	RB	North Carolina
11.	Mike Baum (16, 295)	DE	Northwestern
12.	R.J. Kors (15, 322)	S	Long Beach

DRAFT SUMMARIES

1990 COLLEGE DRAFT

Rd.	Player	Pos.	College
1a.	Cortez Kennedy (3, 3) (from New England)	DT	Miami
1.	(#8 traded to New England for 1990 1st-round #3 and 1990 2nd-round #29)		
1.	(#10 traded to New England for 1990 1st-round #3 and 1990 2nd-round #29) (from Indianapolis)		
2a.	Terry Wooden (4, 29) (from New England)	LB	Syracuse
2b.	Robert Blackmon (9, 34)	S	Baylor
3.	(#64 traded to New England for 1990 1st-round #3 and 1990 2nd-round #29)		
4.	Chris Warren (8, 89)	RB	Ferrum
5.	Eric Hayes (10, 119)	DT	Florida St.
6.	Ned Bolcar (9, 146)	LB	Notre Dame
7.	Bob Kula (10, 175)	T	Michigan St.
8.	Bill Hitchcock (9, 202)	T	Purdue
9.	(#230 traded to Dallas for T Daryl Smith)		
10.	Robert Morris (9, 257)	DE	Valdosta St.
11.	Daryl Reed (10, 286)	CB	Oregon
12.	John Gromos (8, 312)	QB	Vanderbilt

1991 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Dan McGwire (16, 16)	QB	San Diego St.
2.	(#43 traded to L.A. Raiders for 1991 2nd-round #51 and 1991 4th-round #98)		
2.	Doug Thomas (24, 51) (from L.A. Raiders)	WR	Clemson
3.	David Daniels (19, 74)	WR	Penn St.
4.	John Kasay (17, 98) (from L.A. Raiders)	K	Georgia
4.	(#101 traded to New England for 1990 1st-round #3 and 1990 2nd-round #29)		
5.	Harlan Davis (16, 155)	CB	Tennessee
6.	Michael Sinclair (16, 155)	DE	E. New Mexico
7.	(#186 traded to Atlanta for T Ronnie Lee)		
8.	(#213 traded to L.A. Raiders for S Vann McElroy)		
9.	(#239 traded to Cleveland for DE Bob Buczkowski)		
10.	Erik Ringoen (16, 266)	LB	Hofstra
11.	Tony Stewart (19, 297)	RB	Iowa
12.	Ike Harris (18, 324)	T	S. Carolina

1992 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Ray Roberts (10, 10)	T	Virginia
2.	(#39 traded to Minnesota for DT Keith Millard)		
3.	Bob Spitulski (10, 66)	LB	Cent. Florida
4.	(#95 traded to New Orleans for RB Rueben Mayes)		
5.	Gary Dandridge (10, 122)	S	Appala. St.
6.	Michael Bates (10, 150)	WR	Arizona
7.	Mike Frier (10, 178)	DE	Appala. St.
8.	Muhammad Shamsid-Deen, (11, 207)	RB	Tenn.-Chat.
9.	Larry Stayner (10, 234)	TE	Boise St.
10.	Anthony Hamlet (11, 263)	DE	Miami
11.	Kris Rongen (10, 290)	G	Washington
12a.	Chico Fraley (11, 319)	LB	Washington
12b.	John MacNeill (12, 320) (from N.Y. Jets)	DE	Michigan St.

1993 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Rick Mirer (2, 2)	QB	Notre Dame
2.	Carlton Gray (1, 30)	CB	UCLA
3.	(#57 traded to Minnesota for DT Keith Millard)		
4.	Dean Wells (1, 85)	LB	Tennessee
5.	Terrence Warren (2, 114)	WR	Hampton
6.	(#141 traded to Green Bay for S Dave McCloughan)		
7.	Michael McCrary (2, 170)	DE	Wake Forest
8a.	Jeff Blackshear (1, 197)	G	NE Louisiana
8b.	Antonio Edwards (8, 204) (from Chicago)	DE	Valdosta St.

1994 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Sam Adams (8, 8)	DT	Texas A&M
2.	Kevin Mawae (7, 36)	C	LSU
3.	Lamar Smith (8, 73)	RB	Houston
4.	Larry Whigham (7, 110)	S	NE Louisiana
5.	(#150 traded to San Diego for 1995 4th-round #126)		
6.	(#168 traded to New England for RB Jon Vaughn)		
7.	Carlester Crumpler (8, 202)	TE	East Carolina

1995 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Joey Galloway (8, 8)	WR	Ohio St.
2.	Christian Fauria (7, 39)	TE	Colorado
3.	(#73 to Green Bay for signing of restricted free agent CB Corey Harris)		
4.	(#106 traded to Arizona for WR Ricky Proehl)		
4.	Jason Kyle (28, 126) (from San Diego)	LB	Arizona St.
5.	(#141 traded to Detroit for WR Reggie Barrett)		
6a.	Henry McMillan (9, 180)	DT	Florida
6b.	Eddie Goines (32, 203) (compensatory)	WR	N. Carolina St.
7.	Keif Bryant (8, 216)	DE	Rutgers

1996 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#14 traded to Houston for DT Glenn Montgomery and 1996 1st-round #17)		
1.	(#17 traded to Detroit for 1996 1st-round #21 and 1996 3rd-round #91) (from Houston)		
1.	Pete Kendall (21, 21) (from Detroit)	T	Boston College
2.	Fred Thomas (17, 47)	CB	Tenn.-Martin
3a.	Robert Barr (16, 77)	T	Rutgers
3b.	Reggie Brown (30, 91) (from Kansas City through Detroit)	FB	Fresno St.
4a.	Phillip Daniels (4, 99) (from N.Y. Giants through Dallas, Miami and Jacksonville)	DE	Georgia
4.	(#110 traded to Jacksonville for 1996 4th-round #99)		
4b.	Eric Unverzagt (36, 131) (compensatory)	LB	Wisconsin
5.	(#146 traded to Jacksonville for 1996 4th-round #99)		
6a.	Reggie Green (17, 184)	G	Florida
6b.	T.J. Cunningham (42, 209) (compensatory)	CB	Colorado
7.	Johnie Church (16, 225)	DE	Florida

DRAFT SUMMARIES

1997 COLLEGE DRAFT

Rd.	Player	Pos.	College
1a.	Shawn Springs (3, 3) (from Atlanta)	CB	Ohio St.
1b.	Walter Jones (6, 6) (from St. Louis through N.Y. Jets and Tampa Bay)	T	Florida St.
1.	(#11 traded to Atlanta for 1997 1st-round #3 and 1997 3rd-round #63) (from Chicago)		
1.	(#12 traded to Tampa Bay for 1997 1st-round #6)		
2.	(#41 traded to Atlanta for 1997 1st-round #3 and 1997 3rd-round #63)		
3.	(#63 traded to Tampa Bay for 1997 1st-round #6) (from Atlanta)		
3.	(#70 traded to Atlanta for 1997 1st-round #3 and 1997 3rd-round #63)		
4.	(#100 to Atlanta for 1997 1st-round #3 and 1997 3rd-round #63) (from Baltimore)		
4.	(#105 traded with QB Rick Mirer to Chicago for 1997 1st-round #11)		
5.	Eric Stokes (12, 142)	S	Nebraska
6.	Itula Mili (11, 174)	TE	BYU
7.	Carlos Jones (10, 211)	CB	Miami

1998 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Anthony Simmons (15, 15)	LB	Cemson
2.	Todd Weiner (17, 47)	T	Kansas St.
3.	Ahman Green (15, 76)	RB	Nebraska
4.	DeShone Myles (16, 108)	LB	Nevada
5.	(#138 traded to Dallas for 1998 6th-round #162 and 1998 7th-round #197)		
6a.	Carl Hansen (9, 162) (from Dallas)	DT	Stanford
6b.	Bobby Shaw (16, 169)	WR	California
7.	Jason McEndoo (8, 197) (from Dallas)	C	Washington St.
7.	(#204 traded to New Orleans for WR Daryl Hobbs)		

1999 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#17 traded to New England for 1999 1st-round #20, 1999 3rd-round #82 and 1999 6th-round #191)		
1.	(#20 traded to Dallas for 1999 1st-round #22 and 1999 5th-round #140)		
1.	Lamar King (22, 22) (from Dallas)	DE	Saginaw
2.	(#47 awarded to Green Bay as compensation for Mike Holmgren)		
3a.	Brock Huard (16, 77)	QB	Washington
3b.	Karsten Bailey (21, 82) (from New England)	WR	Auburn
4.	Antonio Cochran (20, 115)	DE	Georgia
5a.	Floyd Wedderburn (7, 140) (from Carolina through Dallas)	T	Penn St.
5b.	Charlie Rogers (19, 152)	KR	Georgia Tech
6.	Steve Johnson (1, 170) (from Cleveland)	CB	Tennessee
6.	(#187 traded to Cleveland for 6th-round #170)		
6.	(#191 traded to Cleveland for 6th-round #170)		
7.	(#223 traded to N.Y. Jets for QB Glenn Foley)		

2000 COLLEGE DRAFT

Rd.	Player	Pos.	College
1a.	Shaun Alexander (19, 19) (from Dallas)	RB	Alabama
1b.	Chris McIntosh (22,22)	T	Wisconsin
2.	Ike Charlton (21, 52)	CB	Virginia Tech
3.	Darrell Jackson (18, 80) (from Dallas)	WR	Florida
3.	(#86 traded to San Francisco for 2000 4th-round #119 and 2000 5th-round #154)		
4a.	Marcus Bell (22, 116)	LB	Arizona
4b.	Isaiah Kacyvenski (25, 119) (from Washington through San Francisco)	LB	Harvard
5.	(#151 traded with RB Ahman Green to Green Bay for CB Fred Vinson and 2000 6th-round #185)		
5.	(#154 traded to Denver for 2000 6th-round #175 and 2000 7th-round #231) (from San Francisco)		
6a.	James Williams (9, 175) (from Denver)	WR	Marshall
6b.	Tim Watson (19, 185) (from Green Bay)	DT	Rowan
6c.	John Hilliard (24, 190)	DT	Mississippi St.
7.	(#229 traded to Green Bay for WR Derrick Mayes)		
7.	(#231 traded to Oakland for 2001 6th-round pick #191 (from Denver)		

2001 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#7 traded to San Francisco for 2001 1st-round #9, 2001 3rd-round #82 and 2001 7th-round #222) (from Dallas)		
1a.	Koren Robinson (9,9) (from San Francisco)	WR	N.Carolina St.
1.	(#10 traded to Green Bay for QB Matt Hasselbeck and 2001 1st-round #17)		
1b.	Steve Hutchinson (17, 17) (from Green Bay)	G	Michigan
2.	Ken Lucas (9, 40)	CB	Mississippi
3.	(#72 traded to Green Bay for QB Matt Hasselbeck and 2001 1st-round #17)		
3.	Heath Evans (20, 82) (from New Orleans through Green Bay and SF)	FB	Auburn
4a.	Orlando Huff (9, 104)	LB	Fresno St.
4b.	Curtis Fuller (32, 127) (compensatory)	S	TCU
4c.	Floyd Womack (33, 128) (compensatory)	T	Mississippi St.
5.	Alex Bannister (9, 140)	WR	E. Kentucky
6.	Josh Booty (9, 172)	QB	LSU
6.	(#191 traded to San Francisco for 2001 1st-round #9, 2001 3rd-round #82 and 2001 7th-round #222) (from Oakland)		
7a.	Harold Blackmon (10, 210)	S	Northwestern
7b.	Dennis Norman (22, 222) (from St. Louis through Green Bay and San Francisco)	T	Princeton
7c.	Kris Kocurek (37, 237) (compensatory)	DT	Texas Tech

2002 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#20 traded to Green Bay for 2002 1st-round #28 and 2002 2nd-round #60)		
1.	Jerramy Stevens (28, 28) (from Green Bay)	TE	Washington
2a.	Maurice Morris (22, 54)	RB	Oregon
2b.	Anton Palepoi (28, 60) (from Green Bay)	DE	UNLV
3.	Kris Richard (20, 85)	CB	USC
4.	Terreal Bierria (22, 120)	S	Georgia
5a.	Rocky Bernard (11, 146) (from Indianapolis)	DE	Texas A&M
5.	(#156 traded to Green Bay for 2002 1st-round #28 and 2002 2nd-round #60)		
5b.	Ryan Hannam (34, 169) (compensatory)	TE	No. Iowa
5c.	Matt Hill (36, 171) (compensatory)	T	Boise St.
6.	Craig Jarrett (22, 194)	P	Michigan St.
7.	Jeff Kelly (21, 232)	QB	So. Miss.

DRAFT SUMMARIES

2003 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Marcus Trufant (11, 11)	CB	WA St.
2.	Ken Hamlin (10, 42)	S	Arkansas
3.	Wayne Hunter (9, 73)	T	Hawaii
4a.	Seneca Wallace (13, 110)	QB	Iowa St.
4b.	Solomon Bates (38, 135) (compensatory)	LB	Arizona St.
5.	(#147 traded to Green Bay for 2003 5th-round #165 and 2003 6th-round #203)		
5.	Chris Davis (30, 165) (from Green Bay)	FB	Syracuse
6.	Rashad Moore (10, 183)	DT	Tennessee
6.	(#203 traded to New Orleans for DT Norman Hand) (from Green Bay)		
7a.	Josh Brown (8, 222) (from Jacksonville)	K	Nebraska
7b.	Taco Wallace (10, 224)	WR	Kansas St.

2004 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Marcus Tubbs (23, 23)	DT	Texas
2.	Michael Boulware (21, 53)	S	Florida St.
3.	Sean Locklear (21, 84)	G	N. Carolina St.
4.	Niko Koutouvides (20, 116)	LB	Purdue
5.	D.J. Hackett (25, 157)	WR	Colorado
6.	Craig Terrill (24, 189)	DT	Purdue
7.	Donnie Jones (23, 224)	P	LSU

2005 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#23 traded to Oakland for 2005 1st-round #26 and 2005 4th-round #105)		
1.	Chris Spencer (26, 26) (from N.Y. Jets through Oakland)	C	Mississippi
2.	Lofa Tatupu (13, 45) (from Carolina)	LB	USC
2.	(#54 traded to Carolina for 2005 2nd-round #45)		
3a.	David Greene (21, 85)	QB	Georgia
3b.	Leroy Hill (35, 98) (compensatory)	LB	Clemson
4.	Ray Willis (4, 105) (from Oakland)	T	Florida St.
4.	(#121 traded to Carolina for 2005 2nd-round #45)		
4.	(#126 traded to Carolina for 2005 2nd-round #45 (from Denver through Cleveland)		
5.	Jeb Huckeba (23, 159)	DE	Arkansas
6.	Tony Jackson (22, 196)	FB	Iowa
7a.	Cornelius Wortham (21, 235)	LB	Alabama
7b.	Doug Nienhuis (40, 254) (compensatory)	G	Oregon St.

2006 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Kelly Jennings (31, 31)	CB	Miami
2.	Darryl Tapp (31, 63)	DE	Virginia Tech
3.	(#95 to Minnesota for signing of restricted free agent WR Nate Burleson)		
4.	Rob Sims (31, 128)	G	Ohio State
5.	David Kirtman (31, 163)	FB	USC
6.	(#200 traded to Chicago for S Mike Green)		
7a.	Ryan Plackemeier (31, 239)	P	Wake Forest
7b.	Ben Obomanu (41, 249) (compensatory)	WR	Auburn

2007 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#24 traded to New England for WR Deion Branch)		
2.	Josh Wilson (23, 55)	CB	Maryland
3.	Brandon Mebane (22, 85)	DT	California
4a.	Baraka Atkins (21, 120)	DE	Miami
4b.	Mansfield Wrotto (24, 124) (from N.Y. Jets through San Francisco)	G	Georgia Tech
5.	Will Herring (24, 161)	LB	Auburn
6a.	Courtney Taylor (23, 197)	WR	Auburn
6b.	Jordan Kent (36, 210) (compensatory)	WR	Oregon
7.	Steve Vallos (22, 232)	G	Wake Forest

2008 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#25 traded to Dallas for 2008 1st-round #28, 2008 5th-round #163 and 2008 7th-round #235)		
1.	Lawrence Jackson (28, 28) (from Dallas)	DE	USC
2.	John Carlson (7, 38) (from Baltimore)	TE	Notre Dame
2.	(#55 traded to Baltimore for 2008 2nd-round #38)		
3.	(#86 traded to Baltimore for 2008 2nd-round #38)		
4.	Red Bryant (22, 121)	DT	Texas A&M
5.	(#158 traded to Jacksonville for RB Alvin Pearman and 2008 7th-round #233)		
5.	Owen Schmitt (30,163) (from Dallas)	FB	West Virginia
6.	Tyler Schmitt (23, 189) (from Tennessee)	LS	San Diego St.
6.	(#190 traded to Cleveland for QB Charlie Frye)		
7.	(#230 traded to Philadelphia for RB Josh Parry)		
7a.	Justin Forsett (26, 233) (from Jacksonville)	RB	California
7b.	Brandon Coutu (28,235) (from Dallas)	K	Georgia

2009 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Aaron Curry (4, 4)	LB	Wake Forest
2.	(#37 traded to Denver for 2010 1st-round #14)		
2.	Max Unger (17, 49) (from Chicago)	C	Oregon
3.	(#68 traded to Chicago for 2009 2nd-round #49)		
3.	Deon Butler (27, 91) (from N.Y. Giants through Philadelphia)	WR	Penn State
4.	(#105 traded to Chicago for 2009 2nd-round #49)		
5.	(#137 traded to Philadelphia for 2009 3rd-round #91) (from Detroit)		
5.	(#140 traded to Denver for WR Keary Colbert)		
6.	Mike Teel (5,178)	QB	Rutgers
7.	(#213 traded to Philadelphia for 2009 3rd-round #91)		
7a.	Courtney Greene (36, 245) (compensatory)	S	Rutgers
7b.	Nick Reed (38, 247) (compensatory)	DE	Oregon
7c.	Cameron Morrah (39, 248) (compensatory)	TE	California

DRAFT SUMMARIES

2010 COLLEGE DRAFT

Rd.	Player	Pos.	College
1a.	Russell Okung (6, 6)	T	Okla. State
1b.	Earl Thomas (14, 14) (from Denver)	FS	Texas
2.	(#40 traded to San Diego for QB Charlie Whitehurst and 2010 2nd-round #60)		
2.	Golden Tate (28, 60) (from San Diego)	WR	Notre Dame
3.	(#70 traded to Philadelphia for 2009 3rd-round #91)		
4.	(#104 traded to Tennessee for DT Kevin Vickerson, RB LenDale White, 2010 4th-round #111 and 2010 6th-round #185)		
4a.	Walter Thurmond (13, 111) (from Tennessee)	CB	Oregon
4b.	E.J. Wilson (29, 127) (from N.Y. Jets through Philadelphia)	DE	N. Carolina
5.	Kam Chancellor (2, 133) (from Detroit)	S	Virginia Tech
5.	(#139 traded to N.Y. Jets for RB Leon Washington and 2010 7th-round #236)		
6.	(#176 traded to Tennessee for DT Kevin Vickerson, RB LenDale White, 2010 4th-round #111 and 2010 6th-round #185)		
6.	Anthony McCoy (16,185) (from Tennessee)	TE	USC
7.	(#213 traded to Detroit for DT Robert Henderson and 2010 5th-round #133).		
7a.	Dexter Davis (29, 236) (from N.Y. Jets)	DE	Arizona State
7b.	Jameson Konz (38, 245) (compensatory)	TE	Kent State

2011 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	James Carpenter (25, 25)	T	Alabama
2.	(#57 traded to Detroit for 2011 3rd-round #75, 2011 4th-round #107, 2011 5th-round #154 and 2011 7th-round #205).		
3.	John Moffitt (11, 75) (from Detroit)	G	Wisconsin
4a.	K.J. Wright (2, 99) (from Denver through New England)	LB	Miss. St.
4b.	Kris Durham (10, 107) (from Detroit)	WR	Georgia
4.	(#122 traded to Buffalo for RB Marshawn Lynch)		
5a.	Richard Sherman (23, 154) (from Kansas City through Detroit)	CB	Stanford
5b.	Mark LeGree (25, 156)	S	Appalachian St.
5.	(#157 traded to Detroit for 2011 3rd-round #75, 2011 4th-round #107, 2011 5th-round #154 and 2011 7th-round #205) (from Baltimore)		
6.	Byron Maxwell (8, 173) (from Detroit)	CB	Clemson
6.	(#190 traded to San Francisco for DT Kentwan Balmer)		
7a.	Pep Levingston (2, 205) (from Denver through Detroit)	DE	LSU
7.	(#209 traded to Detroit for 2011 3rd-round #75, 2011 4th-round #107, 2011 5th-round #154 and 2011 7th-round #205) (from Cleveland)		
7.	(#227 traded to Philadelphia for T Stacy Andrews)		
7b.	Malcolm Smith (41, 242) (compensatory)	LB	USC

2012 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#12 traded to Philadelphia for 2012 1st-round #15, 2012 4th-round #114 and 2012 6th-round #172)		
1.	Bruce Irvin (15, 15) (from Philadelphia)	DE	West Va.
2.	(#43 traded to N.Y. Jets for 2012 2nd-round #47, 2012 5th-round #154 and 2012 7th-round #232)		
2.	Bobby Wagner (15, 47) (from N.Y. Jets)	LB	Utah St.
3.	Russell Wilson (12, 75)	QB	Wisconsin
4a.	Robert Turbin (11, 106)	RB	Utah St.
4b.	Jaye Howard (19, 114) (from Philadelphia)	DE	Florida
5.	(#147 traded to Buffalo for RB Marshawn Lynch)		
5.	Korey Toomer (19, 154) (from N.Y. Jets)	LB	Idaho
6a.	Jeremy Lane (2, 172) (from Indianapolis through Philadelphia)	CB	NW Louisiana
6b.	Winston Guy (11, 181)	S	Kentucky
7.	(#219 traded to Detroit for T Tyler Polumbus)		
7a.	J.R. Sweezy (17, 225) (from Oakland)	G	NC State
7b.	Greg Scruggs (24, 232) (from Denver through N.Y. Jets)	DE	Louisville

2013 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#25 traded to Minnesota for WR Percy Harvin)		
2.	(#56 traded to Baltimore for 2013 2nd-round #62, 2013 5th-round #165 and 2013 6th-round #199)		
2.	Christine Michael (32, 62) (from Baltimore)	RB	Texas A&M
3.	Jordan Hill (25, 87)	DT	Penn State
4.	Chris Harper (26, 123)	WR	Kansas State
5a.	Jesse Williams (4, 137) (from Detroit)	DT	Alabama
5b.	Tharold Simon (5, 138) (from Oakland)	CB	LSU
5c.	Luke Willson (25, 158)	TE	Rice
5.	(#165 traded to Detroit for 2013 5th-round #137) (from Baltimore)		
6.	Spencer Ware (26, 194)	RB	LSU
6.	(#199 traded to Detroit for 2013 5th-round #137) (from Baltimore)		
7a.	Ryan Seymour (14, 220) (from New Orleans)	G	Vanderbilt
7.	(#214 traded to Minnesota for WR Percy Harvin) (from Buffalo)		
7b.	Ty Powell (25, 231)	LB	Harding
7c.	Jared Smith (35, 241) (compensatory)	G	New Hampshire
7d.	Michael Bowie (36, 242) (compensatory)	T	Northeastern St.

2014 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#32 traded to Minnesota for 2014 2nd-round #40 and 2014 4th-round #108)		
2.	(#40 traded to Detroit for 2014 2nd-round #45, 2014 4th-round #111 and 2014 7th-round #227)		
2a.	Paul Richardson (13, 45) (from Detroit)	WR	Colorado
2b.	Justin Britt (32, 64)	T	Missouri
3.	(#96 traded to Minnesota for WR Percy Harvin)		
4a.	Cassius Marsh (8, 108) (from Minnesota)	DE	UCLA
4.	(#111 traded to Cincinnati for 2014 4th-round #123 and 2014 6th-round #199) (from Detroit)		
4b.	Kevin Norwood (23, 123) (from Cincinnati)	WR	Alabama
4c.	Kevin Pierre-Louis (32, 132)	LB	Boston College
5.	(#146 traded to Detroit for 2014 2nd-round #45, 2014 4th-round #111 and 2014 7th-round #227) (from Oakland)		
5.	Jimmy Staten (32, 172)	DT	Middle Tenn.
6a.	Garrett Scott (23, 199) (from Cincinnati)	T	Marshall
6b.	Eric Pinkins (32, 208)	DB	San Diego St.
7.	Kiero Small (12, 227) (from Detroit)	FB	Arkansas
7.	(#247 traded to Oakland for QB Terrelle Pryor)		

DRAFT SUMMARIES

2015 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#31 traded with C Max Unger to New Orleans for TE Jimmy Graham and 2015 4th-round #112)		
2.	Frank Clark (31, 63)	DE	Michigan
3.	Tyler Lockett (5, 69) (from Washington)	WR	Kansas St.
3.	(#95 traded to Washington for 2015 3rd-round #69)		
4.	(#112 traded to Washington for 2015 3rd-round #69)		
4a.	Terry Poole (31, 130)	T	San Diego St.
4b.	Mark Glowinski (35, 134) (compensatory)	G	West Virginia
5.	(#167 traded to Washington for 2015 3rd-round #69)		
5.	Tye Smith (34, 170) (compensatory)	CB	Towson
6.	(#181 traded to Washington for 2015 3rd-round #69) (from N.Y. Jets)		
6.	(#207 traded to Indianapolis for CB Marcus Burley)		
6a.	Obum Gwacham (33, 209) (compensatory)	DE	Oregon St.
6b.	Kristjan Sokoli (38, 214) (compensatory)	G	Buffalo
7.	Ryan Murphy (31, 248)	SS	Oregon St.

2016 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#26 traded to Denver for 2016 1st-round #31 and 2016 3rd-round #94)		
1.	Germain Ifedi (31, 31) (from Denver)	T	Texas A&M
2.	Jarran Reed (18, 49) (from Buffalo through Chicago)	DT	Alabama
2.	(#56 traded to Chicago for 2016 2nd-round #49)		
3a.	C.J. Prosise (27, 90)	RB	Notre Dame
3b.	Nick Vannett (32, 94) (from Denver)	TE	Ohio State
3c.	Rees Odhiambo (35, 97) (compensatory)	G	Boise State
4.	(#124 traded to Chicago for 2016 2nd-round #49)		
5a.	Quinton Jefferson (8, 147) (from Miami through New England)	DT	Maryland
5.	(#162 traded to Kansas City for S Kelcie McCray)		
5b.	Alex Collins (34, 171) (compensatory)	RB	Arkansas
6.	(#202 traded to Detroit for CB Mohammed Seisay)		
6.	Joey Hunt (40, 215) (compensatory)	C	TCU
7.	(#225 traded to New England for 2016 5th-round #147 and 2016 7th-round #243) (from Dallas)		
7a.	Kenny Lawler (22, 243) (from Houston through New England)	WR	California
7b.	Zac Brooks (26, 247)	RB	Clemson

2017 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#26 traded to Atlanta for 2017 1st-round #31, 2017 3rd-round #95 and 7th-round (#249)		
1.	(#31 traded to San Francisco for 2017 2nd-round #34 and 2017 4th-round (#111)		
2.	(#34 traded to Jacksonville for 2017 2nd-round #35 and 2017 6th-round (#187)		
2a.	Malik McDowell (3, 35) (from Jacksonville)	DT	Michigan St.
2b.	Ethan Pocic (26, 58)	OL	LSU
3a.	Shaquill Griffin (26, 90)	CB	Central Florida
3b.	Delano Hill (31, 95) (from Atlanta)	S	Michigan
3c.	Nazair Jones (38,102) (compensatory)	DT	North Carolina
3d.	Amara Darboh (42, 106) (compensatory)	WR	Michigan
4.	Tedric Thompson (4, 111) (from Chicago through San Francisco)	S	Colorado
5.	(Selection forfeited)		
6a.	Mike Tyson (3, 187) (from Jacksonville)	S	Cincinnati
6b.	Justin Senior (26, 210)	T	Mississippi St.
7a.	David Moore (8, 226) (from Carolina)	WR	E. Central (Ok.)
7.	(#244 traded to Oakland for LB Dewey McDonald)		
7b.	Chris Carson (31, 249) (from Atlanta)	RB	Oklahoma St.

2018 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(Traded #18 to Green Bay for 1st-round #27, 2018 3rd-round #76 and 2018 6th-round #186)		
1.	Rashaad Penny (1, 27) (from New Orleans through Green Bay)	RB	San Diego St.
2.	(#49 traded with WR Jermaine Kearse to N.Y. Jets for DT Sheldon Richardson and 2018 7th-round #226)		
3.	(#76 traded to Pittsburgh for 2018 3rd-round #79 and 2018 7th-round (#220)		
3.	Rasheem Green (3, 79) (from Arizona through Oakland and Pittsburgh)	DE	USC
3.	(#80 traded to Houston for T Duane Brown and 2018 5th-round #141)		
4.	Will Dissly (4, 120)	TE	Washington
5a.	Shaquem Griffin (5, 141) (from Houston)	OLB	Central Florida
5b.	Tre Flowers (5, 146) (from Oakland)	CB	Oklahoma St.
5c.	Michael Dickson (5, 149) (from Washington through Denver)	P	Texas
5.	(#156 traded to Philadelphia for T Matt Tobin and 2018 7th-round #250) (#156 re-acquired in trade with Philadelphia) (#156 traded to Denver for 2018 5th-round #149)		
5d.	Jamarco Jones (5,168) (from New England)	T	Ohio St.
6.	Jacob Martin (6, 186) (from Green Bay)	DE	Temple
6.	(#192 traded to Oakland for rights to RB Marshawn Lynch		
7.	Alex McGough (7, 220) (from N.Y. Giants through Pittsburgh)	QB	Florida Int.
7.	(#226 traded to Denver for 2018 5th-round #149)		
7.	(#235 traded with WR Jermaine Kearse to N.Y. Jets for DT Sheldon Richardson and 2018 7th-round #226)		
7.	(#248 traded to Green Bay for 1st-round #27, 2018 3rd-round #76 and 2018 6th-round #186) (from Minnesota)		
7.	(#250 traded to New England for CB Justin Coleman) (#250 re-acquired in trade with New England) (#250 traded with DE Michael Bennett to Philadelphia for WR Marcus Johnson and 2018 5th-round #156)		

DRAFT SUMMARIES

2019 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#21 traded to Green Bay for 2019 1st-round #30 and 2019 4th-round #114 and #118)		
1.	L.J. Collier (1, 29) (from Kansas City)	DE	TCU
1.	(#30 traded to N.Y. Giants for 2019 2nd-round #37, 2019 4th-round #132 and 2019 5th-round #142)		
2.	(#37 traded to Carolina for 2019 2nd-round #47 and 2019 3rd-round #77)		
2a.	Marquise Blair (2, 47) (from Carolina)	S	Utah
2.	(#54 traded to Houston for T Duane Brown and 2018 5th-round #141)		
2b.	DK Metcalf (2, 64) (from New England)	WR	Mississippi
3.	(#77 traded to New England for 2018 2nd-round #64)		
3.	(#84 traded with DE Frank Clark to Kansas City for 2019 1st-round #29, 2019 3rd-round #92 and 2020 2nd-round #64)		
3.	Cody Barton (3, 88) (from Philadelphia through Detroit and Minnesota)	LB	Utah
3.	(#92 traded to Minnesota for 2019 3rd-round #88 and 2019 6th-round #209)		
4.	(#114 traded to Minnesota for 2019 4th-round #120 and 6th-round #204)		
4.	(#118 traded to New England for 2018 2nd-round #64)		
4a.	Gary Jennings (4, 120) (from Minnesota)	WR	West Virginia
4b.	Phil Haynes (4, 124)	G	Wake Forest
4c.	Ugo Amadi (4, 132) (from New Orleans through N.Y. Giants)	S	Oregon
5.	Ben Burr-Kirven (5, 142) (from San Francisco through Detroit and N.Y. Giants)	LB	Washington
5.	(#159 traded to Minnesota for 2019 3rd-round #88 and 2019 6th-round #209)		
6.	(#194 traded to Green Bay for QB Brett Hundley)		
6a.	Travis Homer (6, 204) (from New England through Detroit and Minnesota)	RB	Miami
6b.	Demarcus Christmas (6, 209) (from Minnesota)	DT	Florida State
7.	(#235 traded to Oakland for S Shalom Luani)		
7.	John Ursua (7, 236) (from Baltimore through Jacksonville)	WR	Hawaii

2020 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Jordyn Brooks (27, 27)	LB	Texas Tech
2.	Darrell Taylor (16, 48) (from N.Y Jets)	DE	Tennessee
2.	(#59 traded to N.Y. Jets for 2020 2nd-round #48)		
2.	(#64 traded to Carolina for 2020 3rd-round #69 and 2020 5th-round #148)		
3.	Damien Lewis (5, 69) (from Carolina)	G	LSU
3.	(#91 traded with DE Jacob Martin and LB Barkevious Mingo to Houston for DE Jadeveon Clowney)		
3.	(compensatory #101 traded to N.Y. Jets for 2nd-round #48)		
4a.	Colby Parkinson (27, 133)	TE	Stanford
4b.	DeeJay Dallas (38, 144) (compensatory)	RB	Miami
5.	Alton Robinson (2, 148) (from Washington through Carolina)	DE	Syracuse
5.	(#162 traded to Washington for CB Quinton Dunbar) (from Pittsburgh)		
5.	(#172 traded to Detroit for S Quandre Diggs and 2021 7th-round #235)		
6.	(#206 traded to Jacksonville for 2019 7th-round #236)		
6.	Freddie Swain (35, 214) (compensatory)	WR	Florida
7.	(#241 traded to New England for TE Jacob Hollister)		
7.	Stephen Sullivan (37, 251) (from Miami)	TE	LSU

2021 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	(#23 traded with S Bradley McDougald to N.Y. Jets for S Jamal Adams and 2022 4th-round #109)		
2.	Dee Eskridge (24, 56)	WR	Western Mich.
3.	(#86 traded with S Bradley McDougald to N.Y. Jets for S Jamal Adams and 2022 4th-round #109)		
4.	(#129 traded to Tampa Bay for 2021 4th-round #137 and 2021 6th-round #217)		
4.	Tre Brown (32,137) (from Tampa Bay)	CB	Oklahoma
5.	(#167 traded to Las Vegas for G Gabe Jackson)		
6.	Stone Forsythe (24, 208) (re-acquired through Miami and Chicago)	T	Florida
6.	(#217 traded to Chicago for 2021 6th-round #208)		
7.	(#235 traded with C B.J. Finney to Cincinnati for LB Carlos Dunlap II)		
7.	(#250 traded to Miami for 2020 7th-round #251)		
	(#250 traded to Chicago for 2021 6th-round #208)		

2022 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Charles Cross (9, 9) (from Denver)	T	Mississippi St.
1.	(#10 traded with S Bradley McDougald to N.Y. Jets for S Jamal Adams and 2022 4th-round #109)		
2.	Boye Mafe (8, 40) (from Denver)	LB	Minnesota
2.	RB Kenneth Walker III (9, 41)	RB	Michigan St.
3.	T Abraham Lucas (8, 72)	T	Washington St.
4.	Coby Bryant (4, 109) (from N.Y. Jets)	CB	Cincinnati
4.	(#116 traded with QB Russell Wilson to Denver for TE Noah Fant, DE Shelby Harris, QB Drew Lock, 2022 1st-round #9, 2022 2nd-round #40, 2022 5th-round #145, 2023 1st-round #5 and 2023 2nd-round #37)		
5.	(#145 traded to Kansas City for 2022 5th-round #158 and 2022 7th-round #233) (from Detroit through Denver)		
5a.	Tariq Woolen (10, 153)	CB	UT-San Antonio
5b.	LB Tyreke Smith (15, 158) (from Miami through New England and Kansas City)	LB	Ohio St.
6.	(#188 traded to Jacksonville for CB Sidney Jones IV)		
7a.	Bo Melton (8, 229)	WR	Rutgers
7b.	Dareke Young (12, 233) (from Minnesota through Kansas City)	WR	Lenior-Rhyne

2023 COLLEGE DRAFT

Rd.	Player	Pos.	College
1a.	Devon Witherspoon (5, 5) (from Denver)	CB	Illinois
1b.	Jaxon Smith-Njigba (20, 20)	WR	Ohio State
2a.	Derick Hall (6, 37) (from Denver)	LB	Auburn
2b.	Zach Charbonnet (21, 52)	RB	UCLA
3.	(#83 traded to Denver for 2023 4th-round #108 and 2024 3rd-round #81)		
4a.	Anthony Bradford (6, 108) (from Denver)	G	LSU
4b.	Cameron Young (21, 123)	NT	Mississippi St.
5a.	Mike Morris (17, 151) (from Pittsburgh)	DE	Michigan
5b.	Olu Oluwatimi (20, 154)	C	Michigan
6.	Jerrick Reed II (21, 198)	S	New Mexico
7.	Kenny McIntosh (20, 237)	RB	Georgia

DRAFT SUMMARIES

2024 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Byron Murphy II (16, 16)	DT	Texas
2.	(#47 and 2025 5th-round #154 traded to N.Y. Giants for DE Leonard Williams)		
3.	(#78 traded to Washington for QB Sam Howell, 2024 4th-round #102 and 2024 6th-round #179)		
3.	Christian Haynes (17, 81) (from New Orleans through Denver)	G	Connecticut
4.	(#102 traded to Denver for 2024 4th-round #121, 2024 5th-round #136 and 2024 6th-round #207)		
4a.	Tyrice Knight (18, 118)	LB	Texas-El Paso
4b.	AJ Barner (21, 121) (from Miami through Denver)	TE	Michigan
5.	Nehemiah Pritchett (1, 136) (from Carolina through Cleveland and Denver)	CB	Auburn
5.	(#152 traded to Washington for QB Sam Howell, 2024 4th-round #102 and 2024 6th-round #179)		
6a.	Sataoa Laumea (3, 179) (from Washington)	G	Utah
6b.	D.J. James (16, 192)	CB	Auburn
6c.	Michael Jerrell (31, 207) (from San Francisco through Denver)	T	Findlay
7.	(#235 traded to Denver for 2024 4th-round #121, 2024 5th-round #136 and 2024 6th-round #207)		

2025 COLLEGE DRAFT

Rd.	Player	Pos.	College
1.	Grey Zabel (18, 18)	G	North Dakota St.
2a.	Nick Emmanwori (3, 35) (from Tennessee)	S	South Carolina
2b.	Elijah Arroyo (18, 50)	TE	Miami
2.	(#52 traded to Tennessee for 2025 2nd-round #35) (from Pittsburgh)		
3.	(#82 traded to Tennessee for 2025 2nd-round #35)		
3.	Jalen Milroe (28, 92) (from Detroit through N.Y. Jets and Las Vegas)	QB	Alabama
4.	(#120 traded with LB Jerome Baker to Tennessee for LB Ernest Jones IV)		
4.	(#137 traded to New England for 2025 5th-round #144 and 2025 7th-round #238) (compensatory)		
5a.	Rylie Mills (4, 142) (from Jacksonville through Houston and Minnesota)	DE	Notre Dame
5.	(#144 traded to Cleveland for 2025 5th-round #166 and 2025 6th-round #192)		
5.	(#154 and 2024 2nd-round #47 traded to N.Y. Giants for DE Leonard Williams)		
5b.	Tory Horton (30, 166) (from Buffalo through Houston and Cleveland)	WR	Colorado St.
5.	(#172 traded with QB Sam Howell to Minnesota for 2025 5th-round #142) (compensatory)		
5c.	Robbie Ouzts (39, 175) (compensatory)	FB	Alabama
6.	(#185 traded with WR DK Metcalf to Pittsburgh for 2025 2nd-round #52 and 2025 7th-round #223)		
6.	Bryce Cabeldue (16, 192) (from Miami through Chicago and Cleveland)	G	Kansas
6.	(#194 traded to Jacksonville for LB Trevis Gipson)		
7a.	Damien Martinez (7, 223) (from New Orleans through Philadelphia and Pittsburgh)	RB	Miami
7b.	Mason Richman (18, 234)	T/G	Iowa
7c.	Ricky White III (22, 238) (from L.A. Chargers through New England)	WR	UNLV

ALL-TIME COMPENSATORY SELECTIONS

Year	Rd. (Pick, O-all)	Player	College
1995	6 (32, 203)	WR Eddie Goines	N.C. St.
1996	4 (36, 131)	LB Eric Unverzagt	Wisconsin
1996	6 (42, 209)	CB T.J. Cunningham	Colorado
2001	4 (32, 127)	S Curtis Fuller	TCU
2001	4 (33, 128)	T Floyd Womack	Mississippi St.
2001	7 (37, 237)	DT Kris Kocurek	Texas Tech
2002	5 (34, 169)	TE Ryan Hannam	Northern Iowa
2002	5 (36, 171)	T Matt Hill	Boise St.
2003	4 (38, 135)	LB Solomon Bates	Arizona St.
2005	3 (35, 98)	LB Leroy Hill	Clemson
2005	7 (40, 254)	G Doug Nienhuis	Oregon St.
2006	7 (41, 249)	WR Ben Obomanu	Auburn
2007	6 (36, 210)	WR Jordan Kent	Oregon
2009	7 (36, 245)	S Courtney Greene	Rutgers
2009	7 (38, 247)	DE Nick Reed	Oregon
2009	7 (39, 248)	TE Cameron Morrah	California
2010	7 (38, 245)	TE Jameson Konz	Kent St.
2011	7 (41, 242)	LB Malcolm Smith	USC
2013	7 (35, 241)	G Jared Smith	New Hampshire
2013	7 (36, 242)	T Michael Bowie	Northeastern St.
2015	4 (35, 134)	G Mark Glowinski	West Virginia
2015	5 (34, 170)	CB Tye Smith	Towson
2015	6 (33, 209)	DE Obum Gwacham	Oregon St.
2015	6 (38, 214)	G Kristjan Sokoli	Buffalo
2016	3 (35, 97)	G Rees Odhiambo	Boise St.
2016	5 (34, 171)	RB Alex Collins	Arkansas
2016	6 (40, 215)	C Joey Hunt	TCU
2017	3 (38, 102)	DT Nazair Jones	North Carolina
2017	3 (42, 106)	WR Amara Darboh	Michigan
2020	3 (37, 101)	Traded with 2020 2nd-round #59 to the N.Y. Jets for 2020 2nd-round #48	
2020	4 (38, 144)	RB DeeJay Dallas	Miami
2020	6 (35, 214)	WR Freddie Swain	Florida
2025	4 (35, 137)	Traded to New England for 2025 5th-round #144 and 2025 7th-round #238	
2025	5 (36, 172)	Traded with QB Sam Howell to Minnesota for 2025 5th-round #142	
2025	5 (39, 175)	FB Robbie Ouzts	Alabama

ALL-TIME TRADES

1976

8/5 Traded DT Wayne Baker to Oakland for undisclosed conditional pick. *Trade criteria not met.*

8/26 Traded 1977 eighth-round pick (#198, WR Steve Davis) to Houston for WR Steve Largent.

9/6 Traded 1977 fifth-round pick (#114, LB Ron Crosby) to Detroit for QB Bill Munson.

9/6 Traded 1977 12th-round pick (#310, TE Jimmy Stephens) to Pittsburgh for G Ron Coder and 1977 12th-round pick (#329, DT I.V. Wilson).

9/7 Traded WR Ahmad Rashad to Minnesota for 1977 fourth-round pick (#111, WR Larry Seivers).

9/7 Traded S Terry Brown to Cleveland for CB Ted Bachman.

9/21 Traded LB Don Hansen to Green Bay for cash.

1977

5/3 Traded 1977 first-round pick (#2, RB Tony Dorsett) to Dallas for 1977 first-round pick (#14, T Steve August) and three 1977 second-round picks (#30, T Tom Lynch, #41, LB Terry Beeson, #54, QB Glenn Carano).

5/3 Traded 1977 second-round pick (#31, DB Nolan Cromwell) to L.A. Rams for C Geoff Reece and 1977 second-round pick (#51, LB Peter Cronan).

5/3 Traded 1977 second-round pick (#54, QB Glenn Carano) to Dallas for WR Duke Fergerson.

5/3 Traded LB Ed Bradley to San Francisco for DT Bill Sandifer.

7/20 Traded DT Carl Barisich to Miami for 1978 11th-round pick (#301, LB George Halas).

8/11 Traded cash to Oakland for DE Horace Jones.

8/19 Traded K Fred Steinfort to Detroit for $100.

8/30 Traded WR Larry Seivers to Tampa Bay for 1979 fifth-round pick (#116, QB Dan Manucci). Seattle gave draft choice to Buffalo as voluntary compensation for WR Ahmad Rashad signing in 1976.

9/5 Traded 1978 eighth-round pick (#204, K Mike Wood) to Minnesota for S Autry Beamon and LB Amos Martin.

9/6 Traded 1978 11th-round pick (#285, RB Dave Riley) to New Orleans for DE Andy Dorris.

1978

8/15 Traded 1979 fifth-round pick (#128, DE Curtis Anderson) to Dallas for K Efren Herrera.

8/28 Traded 1979 third-round pick (#76, TE Doug Cosbie) and 1979 sixth-round pick (#155, DB Tim Lavender) to Dallas for DE Bill Gregory and 1979 third-round pick (#82, QB Joe Montana).

8/28 Traded S Bob Jury and 1979 third-round pick (#82, QB Joe Montana) to San Francisco for 1979 third-round pick (#57, LB Michael Jackson).

9/27 Traded DT Bill Cooke and 1979 eighth-round pick (#213, LB John Mohring) to Detroit for DE Ernie Price.

1979

3/30 Traded FB Don Testerman and 1979 seventh-round pick (#182, LB Rich Milot) to Washington for 1979 seventh-round pick (#169, LB Larry Polowski) and 1980 fifth-round pick (#132, DE Daniel Jacobs).

4/16 Traded G Gordon Jolley to Detroit for past consideration.

8/1 Traded DT Steve Niehaus to Minnesota for DE Carl Eller and 1980 eighth-round pick (#204, S Vic Minor).

8/21 Traded 1980 seventh-round pick (#179, DB Darry "Bud" Hebert) to N.Y. Giants for FB Dan Doornink.

1980

4/29 Traded 1980 first-round pick (#16, C Jim Ritcher) and 1980 third-round pick (#71, G John Schmeding) to Buffalo for 1980 first-round pick (#10, DE Jacob Green).

4/30 Traded LB Sammy Green to Houston for 1980 10th-round pick (#274, WR Billy Reaves) and 1981 seventh-round pick (#186, TE Brad Scoville).

8/26 Traded 1982 fifth-round pick (#117, T Wally Kersten) to L.A. Rams for FB Jim Jodat.

9/1 Traded T Nick Bebout to Minnesota for 1981 ninth-round pick (#236, WR Jim Whatley).

1981

9/25 Traded 1982 third-round pick (#60, LB Clayton Weishuhn) to New England for RB Horace Ivory.

10/13 Traded 1982 fourth-round pick (#90, T Tootie Robbins) and 1983 fourth-round pick (#96, DT Mark Duda) to St. Louis for RB Theotis Brown.

10/13 Traded G Tom Lynch to Buffalo for 1982 third-round pick (#75, TE Pete Metzelaars).

1982

4/30 Traded LB Terry Beeson to Atlanta for 1983 conditional pick. *Trade criteria not met.*

7/12 Traded 1984 fifth-round pick (#130, T Kevin Call) to Baltimore for G Robert Pratt.

9/3 Traded 1984 fourth-round pick (#103, RB George Wonsley) to Baltimore for WR Roger Carr.

1983

4/24 Traded 1983 first-round pick (#9, C Bruce Matthews), 1983 second-round pick (#42, DB Keith Bostic) and 1983 third-round pick (#69, TE Chris Dressel) to Houston for 1983 first-round pick (#3, RB Curt Warner).

6/28 Traded 1985 12th-round pick (#333, K Paul Woodside) to Buffalo for G Reggie McKenzie.

6/29 Traded 1985 first-round pick (#25, LB Emanuel King) to Cincinnati for C Blair Bush.

8/24 Traded WR Roger Carr and RB Sherman Smith to San Diego for 1984 fifth-round pick (#125, LB Jeff Pegues) and 1985 fifth-round pick (#123, C Mark Napolitan).

1984

3/12 Traded 1984 fifth-round pick (#125, LB Jeff Pegues) and 1985 sixth-round pick (#165, DB Mark Pembrook) to N.Y. Giants for CB Terry Jackson.

4/4 Traded NT Manu Tuiasosopo to San Francisco for 1984 fourth-round pick (#86, DT Rickey Hagood) and 1985 10th-round pick (#280, DB Chip Bowers).

7/31 Traded 1986 second-round pick (#42, NT Mike Ruth) to New England for T Bob Cryder.

10/9 Traded T Steve August to Pittsburgh for 1985 fifth-round pick (#128, DB Arnold Brown).

1985

4/26 Traded 1986 seventh-round pick (#180, TE Butch Rolle) to Buffalo for G Jon Borchardt.

8/20 Traded TE Pete Metzelaars to Buffalo for WR Byron Franklin.

8/27 Traded the rights to DE Sam Clancy to Cleveland for 1986 seventh-round pick (#181, RB Paul Miles).

10/15 Traded 1986 fourth-round pick (#99, QB Doug Gaynor) to Cincinnati for TE Dan Ross.

1986

8/9 Traded 1987 sixth-round pick (#158, DT Chris Pike) to Philadelphia for G Greg Naron.

8/19 Traded TE Dan Ross to Green Bay for 1987 12th-round pick (#312, DE Wes Dove).

8/27 Traded 1987 third-round pick (#77, DE Skip McClendon) to Cincinnati for T Mike Wilson.

9/1 Traded LB Shelton Robinson to Detroit for 1987 fifth-round pick (#119, FB Tommie Agee).

9/2 Traded S John Harris to Minnesota for 1987 seventh-round pick (#184, NT Roland Barbay).

ALL-TIME TRADES, continued

1987

5/19 Traded 1988 fifth-round pick (#131, DB Dennis Price) to San Francisco for QB Jeff Kemp.

8/25 Traded T Ron Essink to Dallas for 1988 fifth-round pick (#120, LB Chris Gaines).

8/26 Traded CB Dave Brown to Green Bay for 1988 11th-round pick (#284, T Rick McLeod).

8/26 Traded conditional pick to L.A. Rams for P Barry Bowman. *Trade criteria not met.*

10/7 Traded conditional pick to San Francisco for FB Andre Hardy. *Trade criteria not met.*

1988

4/22 Traded 1988 fifth-round pick (#120, LB Chris Gaines), 1989 first-round pick (#17, G Joe Wolf) and 1989 fifth-round pick (#128, DE Dave Edeen) to Phoenix for QB Kelly Stouffer.

5/4 Traded NT Randy Edwards and 1989 sixth-round pick (#154, LB Derrick Little) to Tampa Bay for T Ron Heller.

5/23 Traded conditional pick to Washington for CB Tim Morrison. *Trade criteria not met.*

8/22 Traded T Ron Heller to Philadelphia for 1989 fourth-round pick (#103, RS James Henry).

9/8 Traded LB Fredd Young to Indianapolis for 1989 first-round pick (#15, T Andy Heck) and 1990 first-round pick (#10, DE Ray Agnew).

1989

7/25 Traded 1990 ninth-round pick (#230, RB Leon Perry) to Dallas for T Daryle Smith.

7/28 Traded conditional pick to Detroit for T Curt Singer. *Trade criteria not met.*

8/7 Traded C Kevin Thomas to Phoenix for 1990 conditional pick. *Trade criteria not met.*

8/31 Traded CB Terry Taylor to Detroit for FB James Jones.

1990

4/22 Traded 1990 first-round pick (#8, LB Chris Singleton), 1990 first-round pick (#10, DE Ray Agnew), 1990 third-round pick (#64, DT Jimmie Jones) and 1991 fourth-round pick (#101, DT David Rocker) to New England for 1990 first-round pick (#3, DT Cortez Kennedy) and 1990 second-round pick (#29, LB Terry Wooden).

7/27 Traded LB Willie Walker to N.Y. Jets for 1991 conditional pick. *Trade criteria not met.*

8/26 Traded 1991 conditional pick to Detroit for WR John Ford. *Trade criteria not met.*

8/28 Traded 1991 seventh-round pick (#186, C Mark Tucker) to Atlanta for T Ronnie Lee.

10/16 Traded 1991 eighth-round pick (#213, LB Brian Jones) to L.A. Raiders for S Vann McElroy.

1991

1/31 Traded T Ron Mattes to N.Y. Jets for 1992 12th-round pick (#320, DE John MacNeill).

4/21 Traded 1991 second-round pick (#43, RB Nick Bell) to L.A. Raiders for 1991 second-round pick (#51, WR Doug Thomas) and 1991 fourth-round pick (#98, K John Kasay).

4/22 Traded 1991 ninth-round pick (#239, WR Shawn Wiggins) to Cleveland for DE Bob Buczkowski.

1992

4/25 Traded 1992 second-round pick (#39, DE Robert Harris) and 1993 third-round pick (#57, G John Gerak) to Minnesota for DT Keith Millard.

4/26 Traded 1992 fourth-round pick (#95, C Gene McGuire) to New Orleans for RB Rueben Mayes.

1993

3/16 1993 eighth-round pick (#204, DE Antonio Edwards) awarded to Seattle as compensation for Chicago signing restricted free agent LB Joe Cain.

4/26 Traded 1993 sixth-round pick (#141, DB Doug Evans) to Green Bay for S Dave McCloughan.

8/23 Traded WR David Daniels to N.Y. Jets for conditional pick. *Trade criteria not met.*

8/25 Traded 1994 sixth-round pick (#168, T Max Lane) to New England for RB Jon Vaughn.

1994

4/25 Traded 1994 fifth-round pick (#150, DE Darren Krein) to San Diego for 1995 fourth-round pick (#126, LB Jason Kyle).

4/28 Traded 1995 fifth-round pick (#141, LB Stephen Boyd) to Detroit for WR Reggie Barrett.

1995

3/10 1995 third-round pick (#73, LB Brian Williams) awarded to Green Bay as compensation for Seattle signing restricted free agent CB Corey Harris.

4/3 Traded 1995 fourth-round pick (#106, T Melvin Hayes) to Arizona for WR Ricky Proehl.

1996

3/12 Traded G Jeff Blackshear to Baltimore for 1997 fourth-round pick (#100, LB Henri Crockett).

4/20 Traded 1996 first-round pick (#14, RB Eddie George) to Houston for DT Glenn Montgomery and 1996 first-round pick (#17, LB Reggie Brown).

4/20 Traded 1996 first-round pick (#17, LB Reggie Brown) to Detroit for 1996 first-round pick (#21, G Pete Kendall) and 1996 third-round pick (#91, FB Reggie Brown).

4/20 Traded 1996 fourth-round pick (#110, WR Reggie Barlow) and 1996 fifth-round pick (#146, T Jimmy Herndon) to Jacksonville for 1996 fourth-round pick (#99, DE Phillip Daniels).

6/27 Traded S Eugene Robinson to Green Bay for DE Matt LaBounty.

1997

2/18 Traded QB Rick Mirer and 1997 fourth-round pick (#105, RB Darnell Autry) to Chicago for 1997 first-round pick (#11, DB Michael Booker).

3/28 Traded 1997 first-round pick (#11, DB Michael Booker), 1997 second-round pick (#41, RB Byron Hanspard), 1997 third-round pick (#70, TE O.J. Santiago) and 1997 fourth-round pick (#100, LB Henri Crockett) to Atlanta for 1997 first-round pick (#3, CB Shawn Springs) and 1997 third-round pick (#63, G Frank Middleton).

4/19 Traded 1997 first-round pick (#12, RB Warrick Dunn) and 1997 third-round pick (#63, G Frank Middleton) to Tampa Bay for 1997 first-round pick (#6, T Walter Jones).

9/30 Traded 1998 conditional seventh-round pick (#204, WR Andy McCullogh) to New Orleans for WR Daryl Hobbs.

1998

4/19 Traded 1998 fifth-round pick (#138, T Oliver Ross) to Dallas for 1998 sixth-round pick (#162, DT Carl Hansen) and 1998 seventh-round pick (#197, C Jason McEndoo).

1999

3/19 Traded 1999 seventh-round pick (#223, T Ryan Young) to N.Y. Jets for QB Glenn Foley.

4/17 Traded 1999 first-round pick (#17, C Damien Woody) to New England for 1999 first-round pick (#20, DE Ebenezer Ekuban), 1999 third-round pick (#82, WR Karsten Bailey) and 1999 sixth-round pick (#191, TE James Dearth).

4/17 Traded 1999 first-round pick (#20, DE Ebenezer Ekuban) to Dallas for 1999 first-round pick (#22, DE Lamar King) and 1999 fifth-round pick (#140, T Floyd Wedderburn).

4/17 1999 second-round pick (#47, CB Fred Vinson) awarded to Green Bay as compensation for Mike Holmgren.

4/18 Traded 1999 sixth-round picks (#187, LB Kendall Ogle; #191, TE James Dearth) to Cleveland for 1999 sixth-round pick (#170, CB Steve Johnson).

6/24 Traded WR James McKnight to Dallas for 2000 third-round pick (#80, WR Darrell Jackson).

8/30 Traded 2000 seventh-round pick (#229, DT Ron Moore) to Green Bay for WR Derrick Mayes.

9/5 Traded 2001 conditional pick to Jacksonville for CB Cordell Taylor. *Trade criteria not met.*

ALL-TIME TRADES, continued

2000

2/12 Traded WR Joey Galloway to Dallas for 2000 first-round pick (#19, RB Shaun Alexander) and 2001 first-round pick (#7, DE Andre Carter).

4/14 Traded RB Ahman Green and 2000 fifth-round pick (#151, WR Joey Jamison) to Green Bay for CB Fred Vinson and 2000 sixth-round pick (#185, DT Tim Watson).

4/15 Traded 2000 third-round pick (#86, LB Jeff Ulbrich) to San Francisco for 2000 fourth-round pick (#119, LB Isaiah Kacyvenski) and 2000 fifth-round pick (#154, WR Muneer Moore).

4/16 Traded 2000 fifth-round pick (#154, WR Muneer Moore) to Denver for 2000 sixth-round pick (#175, WR James Williams) and 2000 seventh-round pick (#231, DB Clifton Black).

4/16 Traded 2000 seventh-round pick (#231, DB Clifton Black) to Oakland for 2001 sixth-round pick (#191, DE Menson Holloway).

8/27 Traded 2001 conditional pick to Chicago for G Chad Overhauser. *Trade criteria not met*.

2001

3/2 Traded 2001 first-round pick (#10, DE Jamal Reynolds) and 2001 third-round pick (#72, LB Marshall Torrance) to Green Bay for QB Matt Hasselbeck and 2001 first-round pick (#17, G Steve Hutchinson).

4/21 Traded 2001 first-round pick (#7, DE Andre Carter) and 2001 sixth-round pick (#191, DE Menson Holloway) to San Francisco for 2001 first-round pick (#9, WR Koren Robinson), 2001 third-round pick (#82, FB Heath Evans) and 2001 seventh-round pick (#222, T Dennis Norman).

2002

4/19 Traded QB Brock Huard to Indianapolis for 2002 fifth-round pick (#146, DT Rocky Bernard).

4/20 Traded 2002 first-round pick (#20, WR Javon Walker) and 2002 fifth-round pick (#156, DE Aaron Kampman) to Green Bay for 2002 first-round pick (#28, TE Jerramy Stevens) and 2002 second-round pick (#60, DE Anton Palepoi).

6/21 Traded CB Ike Charlton to Jacksonville for 2003 seventh-round pick (#222, K Josh Brown).

2003

4/10 Traded 2004 conditional draft pick to Atlanta for T Michael Thompson. *Trade criteria not met.*

4/27 Traded 2003 fifth-round pick (#147, DT James Lee) to Green Bay for 2003 fifth-round pick (#165, RB Chris Davis) and 2003 sixth-round pick (#203, WR Kareem Kelly).

4/27 Traded 2003 sixth-round pick (#203, WR Kareem Kelly) to New Orleans for DT Norman Hand.

8/23 Traded 2004 conditional pick to Denver for P Mat McBriar. *Trade criteria not met.*

2004

10/10 Traded 2005 conditional seventh-round draft pick to Oakland for WR Jerry Rice. *Trade criteria not met.*

2005

3/8 Traded QB Trent Dilfer to Cleveland for 2005 fourth-round pick (#126, G Todd Herremans).

4/23 Traded 2005 first-round pick (#23, DB Fabian Washington) to Oakland for 2005 first-round pick (#26, C Chris Spencer) and 2005 fourth-round pick (#105, T Ray Willis).

4/23 Traded 2005 second-round pick (#54, RB Eric Shelton) and 2005 fourth-round picks (#121, QB Stefan LeFors; #126, G Todd Herremans) to Carolina for 2005 second-round pick (#45, LB Lofa Tatupu).

8/4 Traded CB Kris Richard to Miami for DE Ronald Flemons.

8/29 Traded a conditional pick to Chicago for DE Alain Kashama. *Trade criteria not met.*

2006

3/8 2006 third-round pick (#95, WR Willie Reid) awarded to Minnesota as compensation for Seattle signing restricted free agent WR Nate Burleson.

4/25 Traded 2006 sixth-round pick (#200, G Tyler Reed) to Chicago for S Mike Green.

9/2 Traded 2008 seventh-round pick (#230, T King Dunlap) to Philadelphia for RB Josh Parry.

9/11 Traded 2007 first-round pick (#24, DB Brandon Meriweather) to New England for WR Deion Branch.

2007

4/29 Traded WR Darrell Jackson to San Francisco for 2007 fourth-round pick (#124, G Mansfield Wrotto).

9/1 Traded S Michael Boulware to Houston for DE Jason Babin.

9/1 Traded 2008 fifth-round pick (#158, TE Kellen Davis) to Jacksonville for RB Alvin Pearman and 2008 seventh-round pick (#233, RB Justin Forsett).

9/11 Traded DE Bryce Fisher to Tennessee for 2008 sixth-round pick (#189, LS Tyler Schmitt).

9/11 Traded 2008 sixth-round pick (#190, DT Ahtyba Rubin) to Cleveland for QB Charlie Frye.

2008

4/26 Traded 2008 first-round pick (#25, DB Mike Jenkins) to Dallas for 2008 first-round pick (#28, DE Lawrence Jackson), 2008 fifth-round pick (#163, FB Owen Schmitt) and 2008 seventh-round pick (#235, K Brandon Coutu).

4/26 Traded 2008 second-round pick (#55, RB Ray Rice) and 2008 third-round pick (#86, DB Tim Zbikowski) to Baltimore for 2008 second-round pick (#38, TE John Carlson).

9/17 Traded 2009 conditional fifth-round pick (#140, WR Johnny Knox) to Denver for WR Keary Colbert.

2009

3/14 Traded LB Julian Peterson to Detroit for DT Cory Redding and 2009 fifth-round pick (#137, LB Jason Phillips).

4/25 Traded 2009 second-round pick (#37, DB Alphonso Smith) to Denver for 2010 first-round pick (#14, S Earl Thomas).

4/25 Traded 2009 third-round pick (#68, DT Jarron Gilbert) and 2009 fourth-round pick (#105, DE Henry Melton) to Chicago for 2009 second-round pick (#49, C Max Unger).

4/26 Traded 2009 fifth-round pick (#137, LB Jason Phillips), 2009 seventh-round pick (#213, G Paul Fanaika) and 2010 third-round pick (#70, TE Ed Dickson) to Philadelphia for 2009 third-round pick (#91, WR Deon Butler).

2010

3/8 Traded QB Seneca Wallace to Cleveland for 2011 seventh-round pick (#209, T Johnny Culbreath).

3/16 Traded DE Darryl Tapp to Philadelphia for DE Chris Clemons and 2010 fourth-round pick (#127, DE E.J. Wilson).

3/18 Traded 2010 second-round pick (#40, LB Koa Misi) and 2011 third-round pick (#89, DB Shareece Wright) to San Diego for QB Charlie Whitehurst and 2010 second-round pick (#60, WR Golden Tate).

4/5 Traded G Rob Sims and 2010 seventh-round pick (#213, DE Willie Young) to Detroit for DT Robert Henderson and 2010 fifth-round pick (#133, S Kam Chancellor).

4/24 Traded 2010 fourth-round pick (#104, DB Alterraun Verner) and sixth-round pick (#176, QB Rusty Smith) to Tennessee for DT Kevin Vickerson, RB LenDale White, 2010 fourth-round pick (#111, CB Walter Thurmond) and 2010 sixth-round pick (#185, TE Anthony McCoy).

4/24 Traded 2010 fifth-round pick (#139, RB John Conner) to N.Y. Jets for RB Leon Washington and 2010 seventh-round pick (#236, DE Dexter Davis).

8/16 Traded 2011 sixth-round pick (#190, DB Colin Jones) to San Francisco for DT Kentwan Balmer.

8/18 Traded DE Lawrence Jackson to Detroit for 2011 sixth-round pick (#173, CB Byron Maxwell).

8/31 Traded 2012 seventh-round pick (#219, DT Trevor Guyton) to Detroit for T Tyler Polumbus.

8/31 Traded CB Josh Wilson to Baltimore for 2011 fifth-round pick (#157, LB Doug Hogue).

9/5 Traded 2011 seventh-round pick (#227, WR Scotty McKnight) to Philadelphia for T Stacy Andrews.

10/5 Traded 2011 fourth-round pick (#122, T Chris Hairston) and 2012 fifth-round pick (#147, LB Tank Carder) to Buffalo for RB Marshawn Lynch.

10/12 Traded WR Deion Branch to New England for 2011 fourth-round pick (#99, LB K.J. Wright).

ALL-TIME TRADES, continued

2011

4/29 Traded 2011 second-round pick (#57, RB Mikel Leshoure), 2011 fifth-round pick (#157, LB Doug Hogue), 2011 seventh-round pick (#209, T Johnny Culbreath) to Detroit for 2011 third-round pick (#75, G John Moffitt), 2011 fourth-round pick (#107, WR Kris Durham), 2011 fifth-round pick (#154, CB Richard Sherman) and 2011 seventh-round pick (#205, DE Pep Levingston).

8/29 Traded CB Kelly Jennings to Cincinnati for DT Clinton McDonald.

10/13 Traded LB Aaron Curry to Oakland for 2012 seventh-round pick (#225, G J.R. Sweezy) and 2013 conditional fifth-round pick (#138, CB Tharold Simon).

2012

4/26 Traded 2012 first-round pick (#12, DT Fletcher Cox) to Philadelphia for 2012 first-round pick (#15, LB Bruce Irvin), 2012 fourth-round pick (#114, DE Jaye Howard) and 2012 sixth-round pick (#172, CB Jeremy Lane).

4/27 Traded 2012 second-round pick (#43, WR Stephen Hill) to N.Y. Jets for 2012 second-round pick (#47, LB Bobby Wagner), 2012 fifth-round pick (#154, LB Korey Toomer) and 2012 seventh-round pick (#232, DE Greg Scruggs).

5/21 Traded 2013 conditional pick to Tampa Bay for TE Kellen Winslow. *Trade criteria not met.*

8/20 Traded LB Barrett Ruud to New Orleans for 2013 seventh-round pick (#220, G Ryan Seymour).

8/27 Traded QB Tarvaris Jackson to Buffalo for 2013 seventh-round pick (#214, G Travis Bond.)

2013

3/12 Traded 2013 first-round pick (#25, DB Xavier Rhodes), 2013 seventh-round pick (#214, G Travis Bond) and 2014 third-round pick (#96, RB Jerick McKinnon) to Minnesota for WR Percy Harvin.

4/1 Traded QB Matt Flynn to Oakland for 2014 fifth-round pick (#146, WR Devin Street) and 2015 conditional pick. *Trade criteria not met.*

4/26 Traded 2013 second-round pick (#56, LB Arthur Brown) to Baltimore for 2013 second-round pick (#62, RB Christine Michael), 2013 fifth-round pick (#165, P Sam Martin) and 2013 sixth-round pick (#199, RB, Theo Riddick).

4/27 Traded 2013 fifth-round pick (#165, P Sam Martin) and 2013 sixth-round pick (#199, RB Theo Riddick) to Detroit for 2013 fifth-round pick (#137, DT Jesse Williams).

8/21 Traded G John Moffitt to Denver for DT Sealver Siliga.

8/31 Traded conditional pick to Jacksonville for DT D'Anthony Smith. *Trade criteria not met.*

2014

4/21 Traded 2014 seventh-round pick (#247, DB Johnathan Dowling) to Oakland for QB Terrelle Pryor.

5/8 Traded 2014 first-round pick (#32, QB Teddy Bridgewater) to Minnesota for 2014 second-round pick (#40, LB Kyle Van Noy) and 2014 fourth-round pick (#108, DE Cassius Marsh).

5/9 Traded 2014 second-round pick (#40, LB Kyle Van Noy) and 2014 fifth-round pick (#146, WR Devin Street) to Detroit for 2014 second-round pick (#45, WR Paul Richardson), 2014 fourth-round pick (#111, C Russell Bodine) and 2014 seventh-round pick (#227, FB Kiero Small).

5/10 Traded 2014 fourth-round pick (#111, C Russell Bodine) to Cincinnati for 2014 fourth-round pick (#123, WR Kevin Norwood) and 2014 sixth-round pick (#199, T Garrett Scott).

8/30 Traded 2015 sixth-round pick (#207, LB Amarlo Herrera) to Indianapolis for CB Marcus Burley.

10/17 Traded WR Percy Harvin to N.Y. Jets for 2015 sixth-round pick (#181, DB Kyshoen Jarrett).

2015

3/10 Traded C Max Unger and 2015 first-round pick (#31, LB Stephone Anthony) to New Orleans for TE Jimmy Graham and 2015 fourth-round pick (#112, G Arie Kouandjio).

5/1 Traded 2015 third-round pick (#95, RB Matt Jones), 2015 fourth-round pick (#112, G Arie Kouandjio), 2015 fifth-round pick (#167, DB Damien Swann) and 2015 sixth-round pick (#181, DB Kyshoen Jarrett) to Washington for 2015 third-round pick (#69, WR Tyler Lockett).

8/2 Traded 2016 sixth-round pick (#202, DT Anthony Zettel) to Detroit for CB Mohammed Seisay.

8/31 Traded WR Kevin Norwood to Carolina for 2017 seventh-round pick (#226, WR David Moore).

9/5 Traded 2016 fifth-round pick (#162, QB Kevin Hogan) to Kansas City for S Kelcie McCray.

9/6 Traded RB Christine Michael to Dallas for 2016 seventh-round pick (#225, WR Devin Lucien).

2016

4/28 Traded 2016 first-round pick (#26, QB Paxton Lynch) to Denver for 2016 first-round pick (#31, T Germain Ifedi) and 2016 third-round pick (#94, TE Nick Vannett).

4/29 Traded 2016 second-round pick (#56, G Cody Whitehair) and 2016 fourth-round pick (#124, DB Deon Bush) to Chicago for 2016 second-round pick (#49, DT Jarran Reed).

4/30 Traded 2016 seventh-round pick (#225, WR Devin Lucien) and 2017 fourth-round pick (#131, DE Deatrich Wise) to New England for 2016 fifth-round pick (#147, DT Quinton Jefferson) and 2016 seventh-round pick (#243, WR Kenny Lawler).

9/3 Traded 2017 seventh-round pick (#244, DT Treyvon Hester) to Oakland for LB Dewey McDonald.

2017

4/26 Traded rights to RB Marshawn Lynch and 2018 sixth-round pick (#192, G Jamil Demby) to Oakland for 2018 fifth-round pick (#146, CB Tre Flowers).

4/27 Traded 2017 first-round pick (#26, DE Takkarist McKinley) to Atlanta for 2017 first-round pick (#31, LB Reuben Foster), 2017 third-round pick (#95, S Delano Hill) and 2017 seventh-round pick (#249, RB Chris Carson).

4/27 Traded 2017 first-round pick (#31, LB Reuben Foster) to San Francisco for 2017 second-round pick (#34, T Cam Robinson) and 2017 fourth-round pick (#111, S Tedric Thompson).

4/28 Traded 2017 second-round pick (#34, T Cam Robinson) to Jacksonville for a 2017 second-round pick (#35, DT Malik McDowell) and 2017 sixth-round pick (#187, S Mike Tyson).

7/28 Traded LB Kevin Pierre-Louis to Kansas City for LB D.J. Alexander.

8/21 Traded 2018 fifth-round pick (#156, TE Troy Fumagalli) to Philadelphia for T Matt Tobin and 2018 seventh-round pick (#250, TE Ryan Izzo).

9/1 Traded WR Jermaine Kearse, 2018 second-round pick (#49, TE Dallas Goedert) and 2018 seventh-round pick (#235, LB Zaire Franklin) to N.Y. Jets for DT Sheldon Richardson and 2018 seventh-round pick (#226, RB David Williams).

9/1 Traded 2018 seventh-round pick (#250, TE Ryan Izzo) to New England for CB Justin Coleman.

9/2 Traded CB Tramaine Brock to Minnesota for 2018 seventh-round pick (#248, LB Kendall Donnerson).

9/2 Traded DE Cassius Marsh to New England for 2018 fifth-round pick (#168, T Jamarco Jones) and 2018 seventh-round pick (#250, TE Ryan Izzo).

9/2 Traded 2018 conditional seventh-round pick to Kansas City for T Isaiah Battle. *Trade criteria not met.*

11/1 Traded 2018 third-round pick (#80, T Martinas Rankin) and 2019 second-round pick (#54, DB Lonnie Johnson) to Houston for T Duane Brown and 2018 fifth-round pick (#141, LB Shaquem Griffin).

ALL-TIME TRADES, continued

2018

3/14 Traded DE Michael Bennett and 2018 seventh-round pick (#250, TE Ryan Izzo) to Philadelphia for WR Marcus Johnson and 2018 fifth-round pick (#156, TE Troy Fumagalli).

4/26 Traded 2018 first-round pick (#18, DB Jaire Alexander) and 2018 seventh-round pick (#248, LB Kendall Donnerson) to Green Bay for 2018 first-round pick (#27, RB Rashaad Penny), 2018 third-round pick (#76, QB Mason Rudolph) and 2018 sixth-round pick (#186, DE Jacob Martin).

4/27 Traded 2018 third-round pick (#76, QB Mason Rudolph) to Pittsburgh for 2018 third-round pick (#79, DE Rasheem Green) and 2018 seventh-round pick (#220, QB Alex McGough).

4/28 Traded 2018 fifth-round pick (#156, TE Troy Fumagalli) and 2018 seventh-round pick (#226, RB David Williams) to Denver for 2018 fifth-round pick (#149, P Michael Dickson).

8/30 Traded 2019 sixth-round pick (#194, RB Dexter Williams) to Green Bay for QB Brett Hundley.

9/1 Traded 2019 seventh-round pick (#235, DT Dontavius Russell) to Oakland for S Shalom Luani.

9/1 Traded WR Marcus Johnson to Indianapolis for TE Darrell Daniels.

2019

4/25 Traded DE Frank Clark and 2019 third-round pick (#84, DT Khalen Saunders) to Kansas City for 2019 first-round pick (#29, DE L.J. Collier), 2019 third-round pick (#92, T Chuma Edoga) and 2020 second-round pick (#64, DB Jeremy Chinn).

4/25 Traded 2019 first-round pick (#21, DB Darnell Savage) to Green Bay for 2019 first-round pick (#30, CB Deandre Baker) and two 2019 fourth-round picks (#114, G Dru Samia; #118, G Hjalte Froholdt).

4/25 Traded 2019 first-round pick (#30, DB Deandre Baker) to N.Y. Giants for 2019 second-round pick (#37, T Greg Little), 2019 fourth-round pick (#132, S Ugo Amadi) and 2019 fifth-round pick (#142, LB Ben Burr-Kirven).

4/26 Traded 2019 second-round pick (#37, T Greg Little) to Carolina for 2019 second-round pick (#47, S Marquise Blair) and 2019 third-round pick (#77, DE Chase Winovich).

4/26 Traded 2019 third-round pick (#77, DE Chase Winovich) and 2019 fourth-round pick (#118, G Hjalte Froholdt) to New England for 2019 second-round pick (#64, WR DK Metcalf).

4/26 Traded 2019 third-round pick (#92, T Chuma Edoga) and 2019 fifth-round pick (#159, DE Byron Cowart) to Minnesota for 2019 third-round pick (#88, LB Cody Barton) and 2019 sixth-round pick (#209, DT Demarcus Christmas).

4/27 Traded 2019 fourth-round pick (#114, G Dru Samia) to Minnesota for 2019 fourth-round pick (#120, WR Gary Jennings) and 2019 sixth-round pick (#204, RB Travis Homer).

4/27 Traded 2020 sixth-round pick (#206, TE Tyler Davis) to Jacksonville for 2019 seventh-round pick (#236, WR John Ursua).

4/29 Traded 2020 seventh-round pick (#241, LB Chapelle Russell) to New England for TE Jacob Hollister.

8/31 Traded 2021 conditional pick to N.Y. Jets for CB Parry Nickerson. *Trade criteria not met.*

9/1 Traded DE Jacob Martin, LB Barkevious Mingo and 2020 third-round pick (#91, TE Devin Asiasi) to Houston for DE Jadeveon Clowney.

9/25 Traded TE Nick Vannett to Pittsburgh for 2020 fifth-round pick (#162, LB Khaleke Hudson).

10/23 Traded 2020 fifth-round pick (#172, RB Jason Huntley) to Detroit for S Quandre Diggs and 2021 seventh-round pick (#235, DE Wyatt Hubert).

2020

3/23 Traded 2020 fifth-round pick (#162, LB Khaleke Hudson) to Washington for CB Quinton Dunbar.

4/24 Traded 2020 second-round pick (#59, WR Denzel Mims) and 2020 third-round pick (#101, TE Dalton Keene) to N.Y. Jets for 2020 second-round pick (#48, DE Darrell Taylor).

4/24 Traded 2020 second-round pick (#64, DB Jeremy Chinn) to Carolina for 2020 third-round pick (#69, G Damien Lewis) and 2020 fifth-round pick (#148, DE Alton Robinson).

4/25 Traded 2021 sixth-round pick (#208, T Stone Forsythe) to Miami for 2020 seventh-round pick (#251, TE Stephen Sullivan).

7/25 Traded S Bradley McDougald, 2021 first-round pick (#23, T Christian Darrisaw), 2021 third-round pick (#86, G Wyatt Davis) and 2022 first-round pick (#10, WR Garrett Wilson) to N.Y. Jets for S Jamal Adams and 2022 fourth-round pick (#109, CB Coby Bryant).

10/28 Traded C B.J. Finney and 2021 seventh-round pick (#235, DE Wyatt Hubert) to Cincinnati for LB Carlos Dunlap II.

2021

3/21 Traded 2021 fifth-round pick (#167, CB Nate Hobbs) to Las Vegas for G Gabe Jackson.

5/1 Traded 2021 fourth-round pick (#129, WR Jaelon Darden) to Tampa Bay for 2021 fourth-round pick (#137, CB Tre Brown) and sixth-round pick (#217, RB Khalil Herbert).

5/1 Traded 2021 sixth-round pick (#217, RB Khalil Herbert) and 2021 seventh-round pick (#250, NT Khyiris Tonga) to Chicago for 2021 sixth-round pick (#208, T Stone Forsythe).

8/25 Traded 2023 conditional pick to Houston for CB John Reid. *Trade criteria not met.*

9/1 Traded 2022 sixth-round pick (#188, LB Malcolm Rodriguez) to Jacksonville for CB Sidney Jones IV.

9/3 Traded CB Ahkello Witherspoon to Pittsburgh for 2023 fifth-round pick (#151, DE Mike Morris).

2022

3/16 Traded QB Russell Wilson and 2022 fourth-round pick (#116, DE Eyioma Uwazurike) to Denver for TE Noah Fant, DE Shelby Harris, QB Drew Lock, 2022 first-round pick (#9, T Charles Cross), 2022 second-round pick (#40, LB Boye Mafe), 2022 fifth-round pick (#145, T Darian Kinnard), 2023 first-round pick (#5, CB Devon Witherspoon) and 2023 second-round pick (#37, LB Derick Hall).

4/30 Traded 2022 fifth-round pick (#145, T Darian Kinnard) to Kansas City for 2022 fifth-round pick (#158, LB Tyreke Smith) and 2022 seventh-round pick (#233, WR Dareke Young).

8/15 Traded S Ugo Amadi to Philadelphia for WR J.J. Arcega-Whiteside.

2023

4/28 Traded 2023 third-round pick (#83, CB Riley Moss) to Denver for 2023 fourth-round pick (#108, G Anthony Bradford) and 2024 third-round pick (#81, G Christian Haynes).

10/31 Traded 2024 second-round pick (#47, S Tyler Nubin) and 2025 fifth-round pick (#154, T Marcus Mbow) to N.Y. Giants for DE Leonard Williams.

2024

3/15 Traded 2024 third-round pick (#78, S Calen Bullock) and 2024 fifth-round pick (#152, WR Ainias Smith) to Washington for QB Sam Howell, 2024 fourth-round pick (#102, WR Troy Franklin) and 2024 sixth-round pick (#179, G Sataoa Laumea).

4/27 Traded 2024 fourth-round pick (#102, WR Troy Franklin) and 2024 seventh-round pick (#235, WR Devaughn Vele) to Denver for 2024 fourth-round pick (#121, TE AJ Barner), 2024 fifth-round pick (#136, CB Nehemiah Pritchett) and 2024 sixth-round pick (#207, T Michael Jerrell).

8/11 Traded C Nick Harris and 2026 seventh-round pick to Cleveland for 2026 sixth-round pick.

8/22 Traded CB Michael Jackson to Carolina for LB Michael Barrett.

8/23 Traded LB Darrell Taylor to Chicago for 2025 sixth-round pick (#185, QB Will Howard).

8/26 Traded 2025 sixth-round pick (#194, LB Jalen Mcleod) to Jacksonville for LB Trevis Gipson.

10/15 Traded 2026 sixth-round pick to Jacksonville for DT Roy Robertson-Harris.

10/24 Traded LB Jerome Baker and 2025 fourth-round pick (#120, TE Gunnar Helm) to Tennessee for LB Ernest Jones IV.

ALL-TIME TRADES, continued

2025

3/13 Traded WR DK Metcalf and 2025 sixth-round pick (#185, QB Will Howard) to Pittsburgh for 2025 second-round pick (#52, LB Femi Oladejo) and 2025 seventh-round pick (#223, RB Damien Martinez). Traded QB Geno Smith to Las Vegas for 2025 third-round pick (#92, QB Jalen Milroe).

4/25 Traded 2025 second-round pick (#52, LB Femi Oladejo) and 2025 third-round pick (#82, S Kevin Winston) to Tennessee for 2025 second-round pick (#35, S Nick Emmanwori).

4/26 Traded 2025 fourth-round pick (#137, DT Joshua Farmer) to New England for 2025 fifth-round pick (#144, QB Shedeur Sanders) and 2025 seventh-round pick (#238, WR Ricky White III).

4/26 Traded QB Sam Howell and 2025 fifth-round pick (#172, LB Chris Paul) to Minnesota for 2025 fifth-round pick (#142, DE Rylie Mills).

4/26 Traded 2025 fifth-round pick (#144, QB Shedeur Sanders) to Cleveland for 2025 fifth-round pick (#166, WR Tory Horton) and 2025 sixth-round pick (#192, G Bryce Cabeldue).

FRANCHISE HISTORY

LLOYD W. NORDSTROM

FRANCHISE HISTORY

1972

06/15 Seattle Professional Football, Inc., a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group.

11/02 Construction begins on the Kingdome.

1974

06/04 The National Football League announces that Seattle will have a franchise for the 1976 season.

12/05 The National Football League announces that it has voted membership to the Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.

1975

03/06 John Thompson, Executive Director of the NFL Management Council, named General Manager.

06/17 Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks."

06/25 The 1977 Pro Bowl is awarded to Seattle.

07/25 Season ticket applications mailed.

07/28 Season ticket applications accepted — 24,168 received the first day.

08/23 Season ticket sales closed after target of 59,000 reached.

09/07 Sponsored by the Seahawks, the Cleveland Browns and N.Y. Giants played a preseason game at the University of Washington's Husky Stadium.

11/24 WR Dave Williams, former University of Washington All-American, becomes the first Seahawks player to sign a contract.

12/18 Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976

01/03 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach.

01/20 Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico.

02/27 Land at Kirkland's Carillon Point is selected for the Seahawks offices and practice facility.

03/30 Veteran Allocation held in New York City. Seahawks select 39 NFL veterans.

04/8-9 Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. Seahawks open training camp at Eastern Washington State College in Cheney.

08/01 Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' 2-yard line when the gun sounds.

08/29 Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a 3-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest.

09/12 Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone.

10/17 Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory.

11/07 Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977

01/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans.

05/03 Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, in the first round.

10/30 After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes.

11/13 Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team.

12/18 Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978

05/03 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, in the second round.

10/08 Efren Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings.

11/26 Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efren Herrera's 46-yard field goal with just three seconds remaining.

12/17 Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979

01/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum.

05/03 Manu Tuiasosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice.

10/29 After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice.

12/16 The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.

1980

04/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round.

09/28 Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium.

FRANCHISE HISTORY, continued

1980, continued

10/05 Sam McCullum catches two touchdown passes and Efren Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981

04/28 Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft.

11/08 Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome.

11/16 The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

03/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations.

04/27 Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft.

09/21 Players go on strike for 57 days.

10/13 Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson.

11/21 Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49 seconds left for the victory.

11/28 Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983

01/02 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack.

01/03 Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982.

01/26 Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships.

03/15 Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager.

04/26 Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick.

09/11 Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries.

10/16 Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders.

10/30 Seahawks make it two straight over Raiders with 34-21 win.

12/18 Seahawks clinch first playoff berth with 24-6 win over New England.

12/24 Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome.

12/31 Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional playoff win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984

01/08 Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans.

05/01 Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL Draft.

09/03 Seahawks win regular season opener for the first time in franchise history, 33-0, over the Cleveland Browns. The enthusiasm is dampened by a knee injury to Curt Warner which will keep him out for the rest of the season.

10/29 Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes.

11/04 Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns.

11/25 Dave Krieg throws for 406 yards and three touchdowns, including an 80-yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score.

12/02 Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes.

12/15 Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans.

12/22 Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory.

12/29 Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985

06/18 Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities.

07/20 Seahawks open their tenth and final training camp at Eastern Washington University in Cheney.

09/08 Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining.

09/15 Daryl Turner sets a club record with four touchdown catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium.

10/13 Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive.

10/21 Ceremonial ground-breaking is held for team's new headquarters.

11/03 Terry Taylor returns an interception 75 yards for a touchdown and blocks a field goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.

FRANCHISE HISTORY, continued

1986

04/29 Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall.

06/18 Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland.

07/16 Seahawks open their 11th training camp and first in Kirkland.

09/07 Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome.

10/06 Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated.

10/19 Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants.

11/27 Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns.

12/08 Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards.

12/20 Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987

04/28 Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked.

06/12 Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth.

09/13 After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled.

10/25 Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983.

12/13 Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome.

12/20 Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways.

12/27 Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988

01/03 Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game.

04/24 Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft.

08/30 Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family.

09/04 Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984.

09/18 Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards.

10/02 Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns.

11/13 Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left.

11/28 Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game.

12/11 Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing.

12/18 John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history.

12/31 Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989

02/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach.

04/23 Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft.

09/10 Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown.

10/29 Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards.

11/26 Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver.

12/04 Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo.

12/10 Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career.

12/17 John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17.

12/23 Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

FRANCHISE HISTORY, continued

1990

04/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden.

08/04 Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan.

10/01 Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week.

11/11 Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time.

11/25 Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime.

12/02 In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games.

12/09 The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee.

12/23 Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass.

12/30 Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991

04/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick in the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle.

04/25 Head Coach Chuck Knox agrees to a two-year contract extension.

08/03 Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. 9/1 Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns.

09/08 Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career.

09/29 Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession.

10/6 The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22.

10/20 Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores.

10/27 John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record.

11/24 The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49.

12/22 Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone.

12/27 The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992

01/06 Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980s.

01/08 Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90).

01/09 Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams.

01/11 Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach.

01/21 Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams.

01/22 Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and NFL assistant coach.

01/23 Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college.

01/24 Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns.

08/22 Dave Brown becomes the third inductee into the Seahawks Ring of Honor.

09/06 Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win.

FRANCHISE HISTORY, continued

1992, continued

09/20 Flores gains first win as Seahawks head coach, 10-6, at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game.

11/08 Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win.

11/22 Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win.

11/30 In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards.

12/02 KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer.

12/06 The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions.

12/13 Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00).

12/27 Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

1993

01/19 David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel.

01/28 Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82.

02/05 Phil Neri, a Seahawks scout since 1985, is named College Scouting Director.

03/12 Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system.

04/01 Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent.

04/20 Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent.

04/25 University of Notre Dame quarterback Rick Mirer is selected by the Seahawks in the first round of the NFL draft. Mirer is the second player chosen overall.

09/19 Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses.

09/26 Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati.

10/03 Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990.

10/24 Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome.

11/14 Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety.

12/19 Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome.

12/26 Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994

01/02 The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games.

02/24 Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent.

02/28 Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent.

04/24 Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked in the first round.

07/19 Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium.

08/13 Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium.

09/04 Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores.

09/11 Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes.

09/18 San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium.

09/25 Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes.

11/06 Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win.

11/20 Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak.

FRANCHISE HISTORY, continued

1994, continued

11/27 Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor.

12/11 Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters.

12/18 Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win.

12/24 Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC.

12/29 Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995

01/12 Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (assistant head coach/tight ends), Greg McMackin (defensive coordinator), Dave Arnold (special teams), Dana LeDuc (strength and conditioning), Rich Olson (quarterbacks), and Willy Robinson (defensive backs). In addition he retains Bob Bratkowski (offensive coordinator/wide receivers), Tommy Brasher (defensive line), Tom Catlin (quality control), Dave Brown (defensive coach), Arnie Matsumoto (staff assistant), Howard Mudd (offensive line), and Clarence Shelmon (running backs) from the previous staff.

01/28 Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright.

02/09 Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals prior to serving one year in the Pro Personnel Department of the Carolina Panthers.

04/22 Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft.

07/29 Steve Largent is formally inducted into the Pro Football Hall of Fame.

08/12 Seahawks officially retire Largent's #80 jersey.

09/03 Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor.

09/17 Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards.

11/05 Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games.

11/12 Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving.

11/19 Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games.

12/03 Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles.

12/10 Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally.

12/17 Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990.

12/24 AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996

02/02 Team owner Ken Behring announces that he is moving the franchise.

04/20 Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second.

09/01 Seahawks start 21st season with 29-7 loss at San Diego.

09/22 Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses.

10/06 John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami.

11/03 Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990.

11/10 Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23.

11/17 Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg.

12/08 Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game.

12/22 Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

FRANCHISE HISTORY, continued

1997

02/14 Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams.

02/18 Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft.

03/05 Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters.

03/06 Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian.

03/07 Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254).

03/28 Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices.

04/19 After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices.

04/25 Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17.

06/17 Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County.

06/23 Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks.

06/30 Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring.

07/15 Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence.

08/19 Football Northwest is approved as the Seahawks owners by the member clubs of the NFL.

08/31 Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb.

09/14 Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road.

10/05 Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in the Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just six carries.

10/26 Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997.

11/09 Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy.

11/28 Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome.

12/14 Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970.

12/21 Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with eight, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998

01/16 Seahawks announce ticket restructure, increasing the number of $10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000.

01/16 Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts.

01/17 Linebackers Coach Mike Murphy also joins the Colts staff.

01/30 Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints.

02/01 Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win.

02/02 Offensive assistant Jim Zorn leaves for the Detroit Lions.

02/04 Seattle names Jim Johnson linebackers coach.

02/06 Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez.

02/10 Named Milt Jackson receivers coach.

02/24 Seattle signs three-time Pro Bowl center, Kevin Glover.

02/26 Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control.

03/04 Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a contract.

03/06 The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos.

04/18 Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft.

09/06 The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year.

12/28 A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999

01/08 Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation.

01/14 Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams).

01/19 Mike Sheppard named Quarterbacks coach.

01/26 Mike Reinfeldt named Senior Vice President.

01/28 Stump Mitchell named Running Backs coach.

FRANCHISE HISTORY, continued

1999, continued

01/29 Rod Springer named Assistant Strength & Conditioning coach.

02/05 Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff.

02/14 Sign unrestricted free agent WR Sean Dawkins.

04/17 Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft.

05/26 Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons.

06/07 Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibillity of coordinating the defense.

08/30 Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer.

11/28 The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000

01/02 The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones.

01/09 Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome.

01/12 Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching.

01/20 Holmgren names Gil Haskell offensive coordinator.

01/21 Holmgren names Johnny Holland assistant special teams/ assistant strength and conditioning coach.

01/28 Holmgren names Ted Thompson vice president/football operations.

02/12 WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001.

03/26 Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site.

04/15 Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft.

04/28 Seattle names John Schneider director of player personnel.

05/10 Scot McCloughan appointed as director of college scouting.

05/15 Bucky Brooks and Mike Murphy named area scouts.

06/01 Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts.

07/05 Seahawks hire Brian Davis for radio play-by-play.

09/03 Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years.

09/10 Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout.

10/15 Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis.

11/12 QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville.

12/23 Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001

01/2 Mike Holmgren names Mark Michaels assistant special teams coach.

02/16 Former Seahawks QB Jim Zorn is named quarterbacks coach.

02/28 A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later.

03/02 Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck.

03/03 Seattle signs free agent DT John Randle.

03/08 DT Cortez Kennedy is released.

03/09 Seattle signs free agent DT Chad Eaton.

03/16 Seattle names Lance Lopes to serve as General Counsel.

04/09 Seattle signs free agent LB Levon Kirkland.

04/12 Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney.

04/21 Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft.

05/22 NFL announced the Seahawks would switch conferences from the AFC West to the NFC West beginning in 2002, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977.

06/28 Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants.

08/03 Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck.

09/16 Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11.

11/11 Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002

01/02 Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl.

01/06 The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0.

02/22 Released defensive end Michael Sinclair following 11 years of service.

03/01 The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green.

03/05 Re-signed Trent Dilfer to be the starting quarterback for the 2002 season.

03/27 The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.)

FRANCHISE HISTORY, continued

2002, continued

04/02 Bill Laveroni named assistant offensive line coach.

04/19 Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft.

04/20 Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round.

05/04 FieldTurf installation completed in Seahawks Stadium.

05/15 Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated.

07/20 Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses.

08/03 Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage.

08/10 Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10.

09/15 Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss.

09/29 Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football.

10/14 S Kenny Easley inducted in to Seahawks of Honor.

10/29 Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season.

11/24 Seattle and Kansas City combine for 64 first downs, an NFL record.

12/29 Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West.

12/31 Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003

01/29 Seahawks hire Dwaine Board as defensive line coach.

02/05 Seattle names Ray Rhodes defensive coordinator.

02/07 Seattle names Teryl Austin defensive backs coach.

02/10 Seattle hires Bob Ferguson as general manager.

02/12 Seattle hires John Marshall as linebackers coach.

03/04 Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran.

04/26 Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft.

06/16 Hired Charles Fisher as an area scout.

06/25 Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations.

09/07 Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986.

09/14 Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives.

10/05 Josh Brown set club record with 58-yard field goal at Green Bay.

10/12 The Seahawks unveiled a flag pole in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football.

10/19 Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark.

11/23 Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns en route to being voted by fans the NFL/FedEx Air Player of the Week.

11/30 For the first time in franchise history, the club had a 300-yard passer (Hasselbeck 328), 100-yard rusher (Alexander 127) and two 100-yard receivers (Robinson 122, Jackson 102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week.

12/21 With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history.

12/27 Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004

01/04 Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties.

02/24 Seahawks designate T Walter Jones as franchise player for third consecutive year.

02/26 Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks.

03/04 Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract.

03/09 WR Darrell Jackson re-signed a multi-year contract with the Seahawks.

3/24-31 In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar.

03/24 The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio.

05/19 Jay Nienkark named Director of Player Administration and will oversee the team's salary cap.

06/02 Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners.

06/08 Martha Fuller named CFO.

FRANCHISE HISTORY, continued

2004, continued

08/07 The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage.

09/26 The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. QB Dave Krieg inducted in to Seahawks Ring of Honor.

10/19 The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice.

11/21 S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown.

12/06 In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005

01/02 The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime.

01/08 The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts.

01/10 Relieved Mark Michaels from duties as special teams coach.

01/14 Bob Whitsitt was relieved of his duties as president of football operations.

02/03 Mike Reinfeldt is named consultant.

02/10 Bob Casullo is named special teams coach.

02/16 T Walter Jones signed a multi-year contract.

02/22 Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player.

02/23 Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments.

03/24 Mike Reinfeldt named Vice President of Football Administration.

04/21 Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown.

04/23 Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft.

06/08 Mike Phair and Mike Yowarsky hired to the college scouting department.

07/27 Shaun Alexander signed one-year contract.

08/12 In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area.

09/25 Head Coach Chuck Knox inducted in to Seahawks Ring of Honor.

10/02 The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games.

10/16 Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season.

10/17 Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season.

10/23 The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining.

11/06 Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record.

11/27 The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties.

11/28 Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants.

12/05 Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game.

12/11 The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history.

12/17 Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee.

12/24 Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006

01/14 The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field.

01/22 Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history.

02/05 The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL.

02/16 The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary.

02/23 Placed transition tag on G Steve Hutchinson.

03/06 Re-signed RB Shaun Alexander to a multi-year contract.

03/27 Signed LB Julian Peterson.

03/31 Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice.

04/30 Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft.

05/09 Seahawks announce plans to move practice facility to Renton waterfront.

09/10 Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired.

09/11 Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft.

09/17 DT Cortez Kennedy inducted into the Seahawks Ring of Honor.

09/24 Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes.

10/01 Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener.

10/15 Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired.

FRANCHISE HISTORY, continued

2006, continued

10/22 Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence.

11/06 Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders.

11/12 Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season.

11/27 Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries.

12/03 Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007

01/06 The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller.

01/14 Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail.

01/21 The Seahawks added Jim Mora to the coaching staff as assistant head coach/ defensive backs coach.

01/22 Seattle hired former Cowboys special teams coach Bruce DeHaven to the same position.

03/20 In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC).

04/29 Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice.

07/28 Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007.

10/07 FB Mack Strong suffered a career-ending neck injury at Pittsburgh.

11/04 With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career.

12/02 Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory.

12/09 Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008

01/05 Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs.

01/12 Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers.

01/25 The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers.

02/01 Hired Chris Beake to serve as Quality Control/Offense.

02/06 Seattle announces Jim Mora will take over as head coach following the 2008 season.

02/14 Bill Lazor named Seattle's QB coach.

02/21 Franchise tag is placed on CB Marcus Trufant.

03/04 Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach.

03/10 Signed free agent RB Julius Jones.

03/11 Kasey Dunn named Seattle's RB coach.

03/21 Signed LB Lofa Tatupu to a multi-year extension.

03/26 Signed CB Marcus Trufant to a multi-year extension.

04/22 Seahawks release RB Shaun Alexander.

04/25 Mike Holmgren is announced as the Horrigan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozelle Award winner for being the top PR staff in the NFL.

04/26 Selected Southern California DE Lawrence Jackson in the first round of the NFL Draft.

04/28 Former regional scout Mike Phair hired to assist in coaching linebackers.

05/01 Dave Pearson promoted from director to vice president of communications/ broadcasting.

06/08 Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club.

08/04 The first wave of employees staffed the Virginia Mason Athletic Center.

08/18 Seahawks Football Operations and team practices began at VMAC.

10/26 With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172.

11/22 WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles.

12/21 Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009

01/08 Greg Knapp was hired as Seattle's offensive coordinator.

01/12 Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line.

01/13 Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers.

01/22 Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach.

03/03 Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane.

03/14 Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice.

04/25 Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded second-round pick to Denver for the Broncos 2010 first-round selection.

05/01 Karen Beckman promoted from director of finance to vice president of finance & chief financial officer.

07/31 Training Camp begins and for the first time in Seattle, training camp open to fans at VMAC.

09/13 Seahawks open the Jim Mora era with a 28-0 shutout over the Rams.

FRANCHISE HISTORY, continued

2009, continued

10/11 The Seahawks posted their second shutout of the season with a 41-0 win over the Jacksonville Jaguars at Qwest Field.

12/03 Seahawks President of Football Operation Tim Ruskell announces resignation.

2010

01/08 Seahawks head coach Jim Mora is relieved of coaching duties.

01/11 Seahawks hire Pete Carroll to be executive vice president of football operations and head coach.

01/19 Named John Schneider general manager.

02/04 New coaching staff is announced: Jeremy Bates (offensive coordinator), Gus Bradley (defensive coordinator), Kippy Brown (WRs), Luke Butkus (Quality control/offensive line), Dave Canales (Quality control/offense), Chris Carlisle (head strength & conditioning), Jedd Fisch (QBs), Mondra Gee (assistant strength & conditioning), Alex Gibbs (offensive line), Jerry Gray (DBs), Kris Richard (assistant DBs), Brian Schneider (special teams coordinator), Rocky Seto (Quality control/defense), Sherman Smith (RBs), Jeff Ulbrich (assistant special teams), Art Valero (assistant offensive line), Jamie Yancher (assistant strength & conditioning).

02/24 Franchise tag is placed on K Olindo Mare.

03/08 Traded QB Seneca Wallace to Cleveland for a 2011 undisclosed draft pick.

03/18 Traded 2010 second-round draft pick and 2011 undisclosed draft pick to San Diego for QB Charlie Whitehurst and 2010 second-round draft pick.

04/13 DE Patrick Kerney retires. From 2007-09 no other Seahawks defender had more sacks than Kerney's 24.5.

04/22 Drafted T Russell Okung (6th overall) and S Earl Thomas (14th overall) in the first round of the NFL Draft.

04/29 T Walter Jones retires. He was selected to a club record nine Pro Bowls and his 180 career starts are second to only Steve Largent.

05/14 Scott Fitterer promoted to Director of College Scouting. Eric Stokes promoted to Assistant Director of College Scouting. Ruston Webster leaves his post as VP of Player Personnel to join the Tennessee Titans.

06/22 Scot McCloughan rejoins the Seahawks front office as Sr. Personnel Executive.

07/26 Tod Leiweke resigned from his post to join the NHL's Tampa Bay Lightning as part owner and CEO.

07/31 Promoted Will Lewis to vice president of football operations and Tag Ribary to director of pro personnel. Hired Trent Kirchner as assistant director of pro personnel.

09/12 Seattle defeated the San Francisco 49ers 31-6 in the season opener at Qwest Field for Pete Carroll's first win as head coach of the Seahawks.

09/28 Seahawks kickoff returner Leon Washington set a franchise record with two returns for touchdown versus the San Diego Chargers fueling the 27-20 victory. The returns were 101 and 99 yards earning him NFC Special Teams Player of the Week.

09/23 Peter McLoughlin assumes role of President of Seahawks, Sounders FC and First & Goal, Inc. after previously serving as CEO of the NHL's St. Louis Blues.

10/05 Seattle acquired Marshawn Lynch from the Buffalo Bills in trade.

12/05 Walter Jones #71 is retired.

2011

01/02 Charlie Whitehurst started the season finale for an injured Matt Hasselbeck. Needing a win versus the Rams to win the division and advance to the postseason, Whitehurst led the team to a 16-6 victory. Seattle became the first team in NFL history to advance to the playoffs with a sub .500 record (7-9).

01/08 Seattle captured their fifth consecutive home playoff win with a 41-36 triumph over the defending World Champion New Orleans Saints. Matt Hasselbeck set a postseason club record with four TD passes. Marshawn Lynch electrified the crowd with what many are calling one of the greatest runs in NFL history with a 67-yard TD in which he broke as many as eight tackles. The Pacific Northwest Seismic Network registered activity generated from the stadium during the time of Lynch's run.

01/18 Hired former Oakland Raiders head coach Tom Cable as assistant head coach and offensive line coach. Hired Todd Wash to coach the defensive line. Promoted Kris Richard to defensive backs coach. Promoted Rocky Seto to assistant defensive backs coach. Relieved offensive coordinator Jeremy Bates of his duties.

01/20 Hired Darrell Bevell as offensive coordinator.

03/12 The NFL owners instituted a lockout of the players.

04/28 Selected T James Carpenter 25th overall in the first round of the NFL Draft.

06/23 Qwest Field renamed CenturyLink Field.

07/25 NFL and the NFL Players Association agree to a 10-year Collective Bargaining Agreement ending the 136-day lockout.

07/29 Free Agency opened and the Seahawks signed, among others, G Robert Gallery, WR Sidney Rice, QB Tarvaris Jackson and FB Michael Robinson.

10/09 CB Brandon Browner set a club record at the New York Giants with a 94-yard interception return for a TD with 1:08 remaining in the game.

10/13 Traded LB Aaron Curry to the Oakland Raiders for draft choices in 2012 and 2013.

10/23 Red Bryant blocked two field goal attempts at Cleveland setting a club record for most in a single game.

11/13 Steven Hauschka tied a club record connecting on five field goal attempts in a 22-17 win over the Baltimore Ravens.

11/20 Chris Clemons was named NFC Defensive Player of the Week after setting a career high with 3.0 sacks and two forced fumbles at St. Louis.

12/01 David Hawthorne was named NFC Defensive Player of the Week for his performance versus the Philadelphia Eagles on NFL Network's Thursday Night Football. He returned an interception 77 yards for a score. It was one of four interceptions in the game by Seattle's defense.

12/12 Doug Baldwin was awarded the NFL Special Teams Player of the Week versus the St. Louis Rams at CenturyLink Field. Not only did he lead team with seven catches for 93 yards and TD, he took a reverse handoff on the opening kickoff and returned it 37 yards. He also downed the Seahawks first punt of the game at the Rams' own 6-yard line. After that drive ended in a punt, he blocked the attempt which resulted in a 17-yard return by Michael Robinson for touchdown.

12/18 Brandon Browner set a club record at Chicago with at least one interception in four consecutive games, including a second touchdown return of the season from 42 yards which also set a club record for most interception return yards in a season with 220. Red Bryant returned an interception 20 yards for his first career touchdown in a 38-14 Seahawks victory.

FRANCHISE HISTORY, continued

2012

02/04 Cortez Kennedy was voted into the Pro Football Hall of Fame in his fourth year of eligibility. Kennedy spent his entire 11-year career with Seattle after being selected third overall in the 1990 NFL Draft.

02/14 Added Keith Carter (quality control/offense) and former Seahawks safety Marquand Manuel (special teams assistant) to the coaching staff.

03/04 Re-signed RB Marshawn Lynch to a multi-year contract.

03/13 Reached a contract agreement to re-sign DE Red Bryant - the son-in-law of Seahawks Ring of Honor member Jacob Green.

03/20 Signed free agent QB Matt Flynn to a multi-year contract.

03/29 The Seahawks and Tribune Television Northwest (KCPQ channel 13 and FOX affiliate in Seattle) reach a multi-year agreement to be the flagship television partner of the Seahawks. Q13 will broadcast all preseason game broadcasts, pre and postgame shows, and other team-related content.

04/03 Nike unveils the new NFL uniform design in New York, and Kam Chancellor represents the Seahawks in the fashion show. Along with the new uniform, the Seahawks unveil a new tweaked logo that freshens up the team colors. The new team colors are college navy, action green and wolf grey.

04/26 Selected DE Bruce Irvin with the 15th overall selection in the 2012 NFL Draft.

04/27 Drafted Russell Wilson in the third round (No.75 overall) of the NFL Draft.

08/04 Cortez Kennedy was inducted into the Pro Football Hall of Fame in Canton, Ohio.

09/24 Seattle topped Green Bay 14-12 on Monday Night Football with a game-winning Hail Mary as time expired. Russell Wilson connected with Golden Tate on a 24-yard completion. The play was called a touchdown on the field by replacement referees and upheld after a booth review. That was be the final game with replacement officials; regular officiating crews returned the following week.

10/14 Cortez Kennedy's #96 is retired.

11/25 Leon Washington tied an NFL record with his eighth-career kickoff return for a touchdown at Miami.

12/02 Russell Wilson led Seattle to a go-ahead TD drive at Chicago with :24 remaining only to have the Bears tie the game with a field goal as time expired. Seattle won the toss and Wilson again led Seattle on a game-winning TD drive on the first possession.

12/16 Seattle scored 50 or more points for the second consecutive game becoming the first team since 1950 to accomplish the feat (58-0 vs. Arizona on 12/9 and 50-17 at Buffalo on 12/16).

12/30 Seattle finished the season with a perfect home record with a 20-13 victory over St. Louis. In that game, Russell Wilson tied Peyton Manning's NFL rookie record with his 26th TD pass.

2013

01/06 Seattle won their first road playoff game since 1983 with a 24-14 come-from-behind victory at Washington.

01/17 Named Dan Quinn defensive coordinator after Gus Bradley accepted the head coaching position with the Jacksonville Jaguars.

02/13 Named Travis Jones defensive line coach. Named Nick Sorenson coaching assistant/special teams.

03/12 Traded a 2013 first-round and seventh-round draft choice and a 2014 third-round draft choice to Minnesota for WR Percy Harvin.

04/01 Traded QB Matt Flynn to the Oakland Raiders for a conditional draft choice.

04/22 Signed SS Kam Chancellor to multi-year extension.

06/07 New remodeled and expanded Pro Shop opens at CenturyLink Field.

06/20 Tag Ribary promoted to Director of Team Operations and Trent Kirchner promoted to Director of Pro Personnel.

06/21 Seahawks General Manager John Schneider signed extension.

06/28 Cortez Kennedy named Team Ambassador.

09/08 Seahawks won their season opener at Carolina 12-7, the first of a team-record tying 13-win season.

11/03 The Seahawks erased a 21-0 first half deficit vs Tampa Bay to come back and win 27-24 in OT, the largest come-from-behind victory in team history.

12/14 Chuck Arnold was promoted to Chief Operating Officer for the Seahawks.

12/22 The Seahawks club record 14-game home winning streak was snapped versus the Arizona Cardinals in a 17-10 loss. It was QB Russell Wilson's first loss at CenturyLink Field in two seasons as a starter.

12/29 The Seahawks tied a franchise record by limiting the St. Louis Rams to just 13 rushing yards in the season finale.

2014

01/11 Seattle defeated the New Orleans Saints 23-15 in a Divisional Playoff Game.

01/19 The Seahawks advanced to the second Super Bowl in franchise history after defeating division rival San Francisco 23-17 in the NFC Championship Game.

01/17 Former tackle Walter Jones was voted into the Pro Football Hall of Fame in his first year of eligibility. Jones spent his entire 12-year career with Seattle and was a nine-time Pro Bowler.

02/01 Walter Jones became the third original Seahawks member to be voted into the Pro Football Hall of Fame joining Steve Largent and Cortez Kennedy.

02/02 The Seahawks won the franchise's first Super Bowl after defeating the Denver Broncos 43-8 at MetLife Stadium. The Seahawks first score came on a safety 12 seconds into the game becoming the quickest score in Super Bowl history.

02/05 The Seahawks victory parade through downtown Seattle culminating at CenturyLink Field was celebrated by an estimated crowd of more than 700,000 fans.

03/10 The Seahawks re-signed free agent DE Michael Bennett to a multi-year contract.

04/14 Signed Pete Carroll to a multi-year extension.

04/24 Former Seahawks CB Marcus Trufant announces his retirement.

04/29 Safety Earl Thomas signed a multi-year extension.

05/06 Amy Sprangers named VP of Corporate Partnerships and Suites.

05/07 Cornerback Richard Sherman signed a multi-year extension.

05/21 The Seahawks traveled to Washington D.C. to meet President Barack Obama at the Super Bowl Champions annual White House visit.

05/29 Wide receiver Doug Baldwin signed a multi-year extension.

06/10 Jeff Dunn named Vice President of Business Strategy & Analytics.

06/19 The Seahawks received their Super Bowl Championship rings at a ceremony at Seattle's EMP.

08/02 Former Seahawks tackle Walter Jones was officially inducted into the Pro Football Hall of Fame in Canton, Ohio.

09/04 Seattle officially kicked off the 2014 NFL season hosting a Thursday night prime time game versus Green Bay. A pregame concert was performed by Pharrell Williams and Soundgarden, with pop star Ariana Grande singing The Star Spangled Banner. Seattle's Super Bowl banner was unveiled at CenturyLink Field as Seattle won the game, 36-16.

FRANCHISE HISTORY, continued

2014, continued

09/21 In a rematch of Super Bowl XLVIII, the Seahawks defeated the Denver Broncos 26-20 in OT on a Marshawn Lynch 6-yard TD run.

10/17 Seattle traded WR Percy Harvin to the N.Y. Jets for an undisclosed draft choice.

10/19 At St. Louis, Russell Wilson became the first player in NFL history to pass for 300 or more yards and rush for 100 or more in the same game.

11/02 T Walter Jones inducted in to Seahawks Ring of Honor.

11/09 Totaled 350 rushing yards versus the N.Y. Giants, a club single-game record. Marshawn Lynch also rushed for a career-best four TDs tying a single-game club record.

12/18 Signed LB K.J. Wright to a multi-year extention.

12/19 Signed DE Cliff Avril to a multi-year extention.

12/21 Seattle set a franchise record versus the Cardinals totaling 596 total yards in a 35-6 win at Arizona.

2015

01/10 The Seahawks defeated the Carolina Panthers, 31-17, in a Divisional Playoff Game.

01/18 Seattle became the 12th team in NFL history to advance to the Super Bowl after winning it the previous year by defeating the Green Bay Packers in the NFC Championship Game, 28-22, in OT. Seattle overcame a 16-point, second-half deficit to win after Russell Wilson connected with Jermaine Kearse on a 35-yard TD to end the game. It marked Seattle's ninth consecutive postseason win at home, tied for the third-longest streak in NFL history. The game also marked a record for CenturyLink Field attendance record with 68,538 12s on hand.

01/19 Construction began on the Toyota Fan Deck on the south deck of CenturyLink Field. The expansion added 1,000 padded seats and an exclusive fan experience.

02/01 The Seahawks lost to the New England Patriots in Super Bowl XLIX, 28-24.

02/09 Named Kris Richard defensive coordinator following the departure of Dan Quinn to become head coach of the Atlanta Falcons. Also named Micheal Barrow LB coach following the departure of Ken Norton, Jr., leaving to become defensive coordinator of the Oakland Raiders. Named Lofa Tatupu assistant LB coach and Brennon Carroll assistant offensive line coach.

02/10 Promoted Rocky Seto to assistant head coach/defense.

02/19 David Young named VP of Operations/GM of CenturyLink Field.

02/23 Announced the expansion of CenturyLink Field by 1,000 seats with the launch of the Toyota Fan Deck on the sounth end. Also announced the expansion of eight new suites.

03/06 Signed Marshawn Lynch to a multi-year extension.

03/10 Traded for Saints TE Jimmy Graham and a 2015 fourth-round draft choice in exchange for center Max Unger and the Seahawks first-round draft choice (No. 31 overall).

03/25 Named Dwaine Board assistant defensive line coach. Named Chris Cash assistant secondary/CB coach. Named Andre Curtis assistant secondary/safeties coach. Dave Canales promoted to WR coach. Will Harriger named assistant QB coach/quality control offense.

07/31 Signed QB Russell Wilson to multi-year contract extention.

08/02 Signed LB Bobby Wagner to a multi-year contract extention.

09/20 Seattle's 10-point loss at Green Bay was the team's first double-digit loss since November 6, 2011.

11/22 RB Thomas Rawls set a Seahawks rookie single-game record with 209 rushing yards versus San Francisco.

12/02 CB Richard Sherman named Seahawks Man of the Year.

12/22 Club record seven Seahawks voted to the Pro Bowl (DE Michael Bennett, S Kam Chancellor, WR Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson).

12/27 Seattle set a CenturyLink Field record with an attendance of 69,080 versus St. Louis. In that game, the Seahawks had an NFL record 62-game streak of holding a lead at some point in the game snapped.

2016

01/03 Ended 2015 leading the NFL in defensive scoring for the fourth-straight season. Russell Wilson ended the year leading the NFL in passer rating while setting franchise single-season records for passer rating, completion percentage, yards and TDs.

01/10 The Seahawks defeated the Minnesota Vikings 10-9 in a Wild Card Playoff game advancing to their fourth-straight Divisional round. The temperature at kickoff was -6 degrees, the third-coldest game in NFL history.

01/31 DE Michael Bennett (defensive) and QB Russell Wilson (offensive) each named MVP of the Pro Bowl.

02/19 New FieldTurf Revolution 360 installed at CenturyLink Field.

03/11 Jermaine Kearse signed multi-year contract.

03/17 Jeff Richards promoted to VP of Marketing.

04/28 Selected G Germain Ifedi in the first round (31st overall) of the NFL Draft.

05/05 Placed RB Marshawn Lynch on the reserve/retired list.

05/12 WR Ricardo Lockette announced his retirement.

06/29 Doug Baldwin signed multi-year extension with the Seahawks.

08/25 Signed a multi-year extension with Q13 as the exclusive media rights holder for Seahawks preseason TV.

09/18 Seattle traveled to Los Angeles to play a game for the first time since 1994 when they took on the Rams at the Coliseum.

10/13 The Seahawks tied the Arizona Cardinals 6-6. It was the the first tie in franchise history after not recording one in the prior 633 games played.

11/07 The Seahawks defeated the Buffalo Bills 31-25 on Monday Night Football, the club's 11th-straight win on Monday night dating back to 2005.

11/20 Pete Carroll notched his 100th-career NFL victory with a 26-15 victory over the Philadelphia Eagles.

2017

01/07 The Seahawks defeated the Detroit Lions 26-6 in a Wild Card game to earn their fifth-straight Divisional playoff appearance.

02/01 Travis Jones named senior defensive assistant and Clint Hurtt hired as defensive line coach. Chad Morton named running backs coach and Heath Farwell named special teams assistant. Tom Donatell hired as quality control/defense coach.

02/04 Kenny Easley elected into the Pro Football Hall of Fame.

02/16 The Seahawks and First & Goal, Inc. announced the formation of First & Goal Hospitality to oversee all food and beverage operations at CenturyLink Field and CenturyLink Field Event Center.

04/26 Marshawn Lynch was traded to the Oakland Raiders, along with Seattle's 2018 sixth-round draft pick for Oakland's 2018 fifth-round selection.

04/28 The Seahawks selected Michigan State defensive lineman Malik McDowell with their first selection in the NFL draft in the second round (35th overall).

FRANCHISE HISTORY, continued

2017, continued

05/15 The Seahawks and CenturyLink announced a stadium naming rights extension through 2033.

05/23 Former Seahawks defensive tackle and Hall of Famer Cortez Kennedy passed away.

08/01 Kam Chancellor signed a multi-year contract extension with the Seahawks.

08/05 Kenny Easley enshrined into the Pro Football Hall of Fame in Canton, Ohio.

09/17 Seahawks celebrated Paul Allen's 20 years as owner in a ceremony prior to the 49ers game.

10/29 Russell Wilson set a franchise record passing for 452 yards versus Houston in a come-from-behind 41-38 victory. Along with his four TD passes, and the game-winner with :21 remaining, he earned NFL Offensive Player of the Week.

11/09 Both Kam Chancellor (neck) and CB Richard Sherman (Achilles) were lost for the season to injuries at Arizona.

11/20 The Seahawks lost to the Atlanta Falcons 34-31 on Monday Night Football snapping an 11-game winning streak dating to 2004. The 11-game winning streak is the second-longest in Monday Night Football history.

12/07 Bennett announced as the team's nominee for the Walter Payton Man of the Year Award.

12/24 Jimmy Graham became the Seahawks all-time leader in receptions by a tight end at Dallas.

12/31 Russell Wilson tied his own franchise record for most passing TDs in a season (34) versus the Cardinals.

2018

01/10 Offensive coordinator Darrell Bevell and assistant head coach/offensive line coach Tom Cable both relieved of their duties.

01/11 The NFL announced the Seahawks would play the Oakland Raiders in London in 2018.

01/16 Defensive coordinator Kris Richard relieved of his duties. Brian Schottenheimer announced as offensive coordinator and Mike Solari announced as offensive line coach. Ken Norton, Jr. named defensive coordinator.

01/28 The Seahawks tied a club record with seven players announced to the NFC Pro Bowl roster: WR Doug Baldwin, DE, Michael Bennett, T Duane Brown, TE, Jimmy Graham, S Earl Thomas, LB, Bobby Wagner, QB, Russell Wilson.

02/23 Seahawks announced new coaching hires Jethro Franklin (Assistant Defensive Line), Larry Izzo (Assistant Special Teams), Steve Shimko (Offensive Assistant).

03/09 CB Richard Sherman released.

03/14 The Seahawks traded DE Michael Bennett and a 2018 seventh-round draft choice to the Philadelphia Eagles for WR, Marcus Johnson and a 2018 fifth-round selection.

04/22 CenturyLink Field received SAFETY Act Designation and Certification, the highest level of accreditation awarded by the U.S. Department of Homeland Security. CenturyLink Field is the fifth NFL stadium and second MLS stadium to achieve this certification.

04/22 Ken Hofmann, former member of Seahawks ownership from 1988-97, passed away.

04/26 RB Rashaad Penny selected in the first round (27th overall) in the 2018 draft.

05/12 Former Seahawks head coach Chuck Knox passed away.

05/18 Nolan Teasley promoted to director of pro personnel.

06/12 CenturyLink Field received The Stadium Business Sustainability & Community Award for its environmentally-friendly and sustainable practices.

06/19 Andre Curtis promoted to defensive passing game coordinator, Clint Hurtt to assistant head coach/defense and John Glenn to linebackers coach.

09/24 Chris McGowan named Chief Executive Officer of Vulcan Sports & Entertainment, replacing Peter McLoughlin in that role. Chuck Arnold promoted to President, also replacing McLoughlin.

10/14 The Seahawks played their second-ever regular-season international game defeating the Oakland Raiders 27-3 in London's Wembley Stadium.

10/15 Seahawks Chairman Paul Allen dies at the age of 65 due to complications from non-Hodgkin's lymphoma.

10/24 Jody Allen, Paul Allen's sister, takes on the role of trustee of the Paul G. Allen Trust, and is the Chair of both the Seahawks and Vulcan Inc. Bert Kolde, Paul Allen's longtime trusted friend, holds the title of Vice Chair for the Seahawks and Trail Blazers, as well as executive vice president of sports strategy and operations for Vulcan Inc.

10/28 Russell Wilson posted the first perfect passer rating in team history after completing 14-of-17 attempts for 248 yards and three touchdowns. Seattle won the game 28-14.

2019

04/16 Russell Wilson signed a contract extension making him the highest paid player in NFL history at the time.

04/25 DE L.J. Collier selected in the first round (29th overall) in the 2019 NFL Draft.

05/09 WR Doug Baldwin and S Kam Chancellor waived/injured.

09/01 Seattle acquired DE Jadeveon Clowney in a trade with the Houston Texans in exchange for a 2020 third-round draft choice, DE Jacob Martin and LB Barkevious Mingo.

09/15 Pete Carroll claimed his 100th combined victory for the Seahawks with a 28-26 win at Pittsburgh.

09/22 Bobby Wagner set a franchise record with 19 tackles versus the New Orleans Saints.

10/03 Seahawks late chairman Paul Allen was the 12th member inducted in to the Seahawks Ring of Honor in a pregame ceremony before a Thursday night prime-time game versus the L.A. Rams.

10/23 The Seahawks traded their 2020 fifth-round draft choice to the Detroit Lions for S Quandre Diggs and a 2021 seventh rounder.

10/27 Bobby Wagner became the franchise's all-time leading tackler in a game at the Atlanta Falcons, surpassing Eugene Robinson (984).

11/11 The Seahawks won overtime games in consecutive weeks for the second time in franchise history (1990) after defeating the San Francisco 49ers and the Tampa Bay Buccaneers the prior week (11/3). Russell Wilson set a franchise record with 122 consecutive starts moving past G Chris Gray.

12/15 Pete Carroll reached 100 regular season wins with Seattle with a 30-24 victory at Carolina.

12/24 The Seahawks re-signed RB Marshawn Lynch after the team's top three running backs (Chris Carson, Rashaad Penny, C.J. Prosise) were placed on injured reserve.

FRANCHISE HISTORY, continued

2020

01/03 Bobby Wagner (1st team) and Russell Wilson (2nd team) were both named All-Pro. It marked a franchise-record fourth-straight season for Wagner as a first-teamer.

01/05 Rookie WR DK Metcalf set a franchise record with 160 receiving yards in a Wild Card game at Philadelphia. It was the most receiving yards by any rookie in NFL postseason history.

02/01 G Steve Hutchinson is elected to the Pro Football Hall of Fame. Started all 68 games played for Seattle over his five-year Seahawks career. Earned three All-Pro honors and three Pro Bowl selections. Teamed with HOF T Walter Jones to form one of the best left-sides in NFL history.

02/10 In an effort to boost guest experience through faster lines and more efficient sales processes, CenturyLink Field began a transition to cashless operations for sales transactions at the stadium, the CenturyLink Field Event Center and WAMU Theater.

02/22 Dave Canales promoted to Offensive Passing Game Coordinator and Austin Davis promoted to QB coach.

03/02 Virginia Mason Athletic Center is closed for operations in accordance with local and state health measures relating to the Covid-19 pandemic.

03/11 Aaron Curry promoted to Defensive Assistant/LBs. Sanjay Lal hired as Senior Offensive Assistant, Keli'i Kekuewa hired as Offensive Assistant and Damione Lewis hired as Defensive Assistant/Defensive Line.

03/28 Amid the COVID-19 pandemic, CenturyLink Field transformed into a Field Army Hospital for non-COVID patients.

04/23 Selected Texas Tech LB Jordyn Brooks with the 27th overall pick in the NFL Draft.

06/01 The Seahawks release a statement condemning the deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and others who have died as a result of racially-motivated police violence. The team pledges to donate $500,000 in grants from the Seahawks Players Equality & Justice for All Action to organizations working to combat systemic racism.

07/25 Seattle acquired All-Pro S Jamal Adams in a trade with N.Y. Jets in exchange for 2021 first and third-round draft picks, 2022 first-round draft pick, and S Bradley McDougald. In addition to Adams, the Jets sent the Seahawks a 2022 fourth-round pick.

08/05 The Seahawks announced its in-house concessions company, First & Goal Hospitality (FGH), will partner with Levy, the market leader in defining hospitality at major sports and entertainment venues and events, to jointly operate the stadium's concessions and food service operations. FGH continues to be the banner for hospitality at the stadium's events, while Levy will manage day-to-day operations.

08/19 Due to COVID-19 event restrictions, the Seahawks announce the team's first three home games will be played without fans in attendance. The team later ended up completing all home games for the 2020 season without fans in attendance.

09/13 QB Russell Wilson was named NFC Offensive Player of the Week after completing 31 of 35 attempts for an 88.6 completion percentage, third-highest in NFL history (min. 35 att.).

09/27 QB Russell Wilson became the first player in franchise history to have five touchdown passes in consecutive weeks while setting an NFL record for most TD passes in the first three games of the season with 14. He was named NFC Offensive Player of the Week for the second time in 2020.

09/29 CenturyLink Field achieved GBAC Star Certification, certifying that the stadium has implemented the industry's most stringent protocols for cleaning, disinfection and infectious disease prevention.

10/01 QB Russell Wilson earned NFC Offensive Player of the Month for September.

10/11 For the first time in franchise history, Seattle started the season 5-0 after defeating the Minnesota Vikings on Monday Night Football at CenturyLink Field.

10/25 WR Tyler Lockett tied Steve Largent's franchise record with 15 receptions at Arizona. He also joined Largent as the only players in franchise history with 200 receiving yards in a game. QB Russell Wilson set a Seahawks franchise record for career completions on first attempt of the game, a 34-yard completions to Lockett. Wilson passed Matt Hasselbeck's total of 2,559.

10/28 Seattle acquired DE Carlos Dunlap II in a trade with Cincinnati in exchange for C B.J. Finney and a 2021 seventh-round draft pick.

11/09 Executive VP/Head Coach Pete Carroll signed contract extension through the 2025 season.

11/19 The Seahawks announced CenturyLink Field will become Lumen Field, following CenturyLink's rebrand to Lumen Technologies. The team announced the change on Thursday Night Football during a Seahawks win over the Cardinals. The updated name was part of the same naming rights agreement.

12/13 S Jamal Adams set the NFL record for most sacks in a single season by a defensive back with 8.5. Adams finished the season with 9.5. QB Russell Wilson threw for four touchdowns to improve his total to 36 on the season, setting a single-season franchise record. Wilson finished the season with 40.

12/20 QB Russell Wilson set the Seahawks franchise record for career pass attempts.

12/21 The Pro Bowl was not played due to the COVID-19 pandemic, but a franchise-record tying seven players were named to the NFC team: S Jamal Adams, S Quandre Diggs, WR DK Metcalf, LB Tyler Ott, LB Bobby Wagner, QB Russell Wilson, and FB Nick Bellore, who was selected for his play on special teams.

12/27 The Seahawks claimed their 11th division title in franchise history after defeating the L.A. Rams, 20-9, at Lumen Field. K.J. Wright was announced as the 2020 Steve Largent Award winner before the game. Wilson broke his own franchise record for completions in a single-season and finished the season with 384.

2021

01/03 WR Tyler Lockett set a single-season franchise record with 100 receptions and WR DK Metcalf set a single-season franchise record with 1,303 yards vs. the San Francisco 49ers on the road. The game was played at the Arizona Cardinals' State Farm Stadium due to COVID-19 restrictions in Santa Clara, Calif.

01/08 S Jamal Adams (2nd team), WR DK Metcalf (2nd team), LB Bobby Wagner (1st team) were named All-Pro. Wagner's selection extended a franchise record with five-straight seasons as a first-teamer.

01/09 The Seahawks lost to the L.A. Rams in the Wild Card round, snapping a 10-game postseason winning streak at Lumen Field dating back to 2005 (2004 season).

01/12 Executive VP/General Manager John Schneider signed contract extension through the 2027 NFL Draft. The Seahawks and offensive coordinator Brian Schottenheimer parted ways.

01/19 The Seahawks announced the hire of Karen Wilkins-Mickey as the team's first Vice President of Diversity, Equity & Inclusion. Wilkins-Mickey was also the NFL's first VP of DEI at the club-level.

01/29 Shane Waldron announced as offensive coordinator and Andy Dickerson named run game coordinator.

02/06 Russell Wilson won the Walter Payton NFL Man of the Year, the league's most prestigious honor, which recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

FRANCHISE HISTORY, continued

2021, continued

03/10 Lumen Field announced the opening of a mass vaccination site at the Lumen Field Event Center. Operated by the City of Seattle, the site was the largest civilian-led vaccination site in the country and vaccinated more than 100,000 people during the three months it was open.

03/30 The NFL announced that beginning with the 2021 season, the regular season schedule will expand to 17 games and the preseason will be reduced to three games.

04/14 The Seahawks announced the extension of team president Chuck Arnold through 2027.

04/30 WR D'Wayne Eskridge selected with Seattle's first selection in the NFL draft in the second round (56th overall).

05/03 Carl Smith was named associate head coach, former defensive back DeShawn Shead as defensive assistant/defensive backs coach and Tracy Smith, Carl's son, also joined the staff as assistant special teams coach. Larry Izzo is named special teams coordinator after taking over the role in 2020 when Brian Schneider stepped away due to personal reasons.

05/17 Ed Goines named Chief Legal Officer; Cindy Kelley, Chief Human Resources Officer; Dave Pearson, Chief Communications Officer; Amy Sprangers, Chief Revenue Officer; and David Young, Chief Operating Officer. Sarita Carter named VP/Human Resources; Alen Cisija, VP/General Counsel; Peter Fonfara, VP/Finance; Zach Hensley, VP/Operations & General Manager of Lumen Field; and Lisa Young, VP/Corporate Partnerships.

06/22 After playing in an empty stadium in 2020 due to the COVID-19 pandemic, the Seahawks announce full capacity at Lumen Field for 2021, and that VMAC will hold 12 open training camp practices to fans.

07/12 Virginia Mason Athletic Center re-opens up to 50-percent staff capacity for the first time in 16 months as the state loosens guidelines during the COVID-19 pandemic.

09/01 Seahawks conclude highest fan attendance at training camp in club history, with more than 40,000 fans attending camp at the Virginia Mason Athletic Center and Lumen Field across 14 public dates.

09/07 Seahawks announce fans will be required to show proof of COVID-19 vaccination or a negative COVID-19 test result to attend home games at Lumen Field.

09/16 Lumen Field officially completes the signage project reflecting the name change from CenturyLink Field. The project included the replacement of 5,000 signs, including the stadium's roof and distinctive North Tower.

10/07 QB Russell Wilson breaks and damages ligaments in his middle finger on his right hand vs. the Rams. He misses the first games of his NFL career and Seattle goes 1-2 in his absence. His consecutive games started streak of 149 games comes to an end, the sixth-longest in NFL history.

10/25 QB Matt Hasselbeck is inducted to the Seahawks Ring of Honor during halftime of the New Orleans Saints game on Monday Night Football.

10/31 At halftime of the Jacksonville Jaguars game, Head Coach Mike Holmgren becomes the 14th person inducted to the Seahawks Ring of Honor.

11/14 QB Russell Wilson returns from injury at Green Bay, a 17-0 loss.

11/22 The NFL re-implements COVID-19 protocols. All staff whose jobs can be performed remotely are directed to work from home.

12/07 WR Tyler Lockett is named the team's nominee for the Walter Payton NFL Man of the Year award. The award recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

12/12 Pete Carroll becomes the 22nd head coach in NFL history to reach 150 regular season wins with a 33-13 victory over the Texans in Houston. Tyler Lockett joins Steve Largent as the only players in franchise history to record three-consecutive 1,000-yard seasons.

12/17 Due to a COVID-19 outbreak affecting the L.A. Rams, the Seahawks at Rams game is moved from Sunday, December 19, to Tuesday, December 21 at 4 p.m. PT. It is the first time in franchise history the Seahawks play a Tuesday game. The Rams won, 20-10.

12/22 S Quandre Diggs and LB Bobby Wagner are selected to the NFC Pro Bowl roster.

12/26 In a snowy pregame ceremony before the Chicago Bears game, WR Tyler Lockett is presented with the team's Steve Largent Award, given to the player that best exemplifies the spirit, dedication and integrity of the Seahawks.

2022

01/05 QB Russell Wilson is named the Bart Starr Award winner, voted on by NFL players. The award is given to the player who best exemplifies outstanding character and leadership in the home, on the field and in the community. Wilson is the third Seahawks player to win the award (WR Steve Largent in 1988 & QB Trent Dilfer in 2002).

01/09 Seattle completes a 7-10 season with a 38-30 win at Arizona. It is only the third time Seattle misses the postseason since 2010 and Russell Wilson's first losing season of his career (6-8 record). LB Jordyn Brooks finishes season with a career and franchise-record 183 tackles. RB Rashaad Penny rushed for 135 or more yards in four of his last five games, leading the NFL with 671 yards since Week 14.

01/14 LB Bobby Wagner is named second-team AP All-Pro, his eighth All-Pro selection of his career (six first-team, two second-team).

01/18 Defensive Coordinator Ken Norton Jr. and Defensive Passing Game Coordinator Andre Curtis are relieved of their duties.

01/31 T Duane Brown and QB Russell Wilson are named to the NFC Pro Bowl squad as replacements. Wilson ties Walter Jones with his ninth Pro Bowl appearance, the most in franchise history.

02/11 The Seahawks part ways with Offensive Line coach Mike Solari.

02/16 The Seahawks announce 2022 coaching staff, including the promotions of Clint Hurtt to defensive coordinator and Andy Dickerson to offensive line, and the hirings of Sean Desai (associate head coach-defense), Sanjay Lal (offensive passing game coordinator/wide receivers), Karl Scott (defensive passing game coordinator/defensive backs) and Will Tukuafu (quality control-defense).

03/03 The NFL and NFLPA agreed to suspend all aspects of the joint COVID-19 protocols, effective immediately.

03/07 Virginia Mason Athletic Center re-opens to staff on a full-time basis as COVID-19 pandemic cases decline in the state. The team institutes a hybrid flexible work policy for full-time staff whose jobs are able to be performed remotely.

03/09 The Seahawks released eight-time AP All-Pro and eight-time Pro Bowler LB Bobby Wagner. Wagner finishes his Seahawks career as the team's all-time leading tackler with 1,381.

03/16 The Seahawks traded QB Russell Wilson and 2022 fourth-round pick to Denver for TE Noah Fant, DE Shelby Harris, QB Drew Lock, 2022 first-round pick, 2022 second-round pick, 2022 fifth-round pick, 2023 first-round pick and 2023 second-round pick. Wilson ends his Seahawks career holding at least 26 major franchise passing and quarterback rushing records.

03/18 Seattle sports icon and award-winning journalist John Clayton passed away at the age of 67. Clayton's career began in 1978 covering the Pittsburgh Steelers before moving to Seattle to work for the Tacoma News Tribune, and later ESPN. He also served as the Seahawks sideline reporter for radio broadcasts and on-air talent for Seattle Sports 710AM.

03/23 The Pro Football Hall of Fame announced its inaugural recipients of Awards of Excellence, and long-time Seahawks executive Gary Wright was one of 20 former public relations personnel, assistant coaches, trainers and equipment managers to receive the honor. The Awards of Excellence winners have their names displayed inside a designated area of the Hall of Fame Museum. Recipients were invited to the 2022 enshrinement week and recognized in Canton at a ceremony in June 2022.

FRANCHISE HISTORY, continued

2022, continued

04/28 T Charles Cross was selected ninth overall in the 2022 NFL Draft. It was Seattle's highest draft pick since selecting T Russell Okung sixth overall in the 2010 draft.

05/04 The NFL announced that Seattle will play Tampa Bay in the first-ever regular season game held in Germany. The game will be Sunday, November 13, at 6:30 a.m. (PT) in Munich's Allianz Arena, home of FC Bayern Munich.

05/10 The Seahawks announce a multi-year partnership with KING 5 to become the team's Official Local Television Partner starting with the 2022 season.

05/24 The franchise's first general manager, John Thompson, passed away at the age of 95.

06/16 Lumen Field was selected as a North American site for FIFA World Cup 2026.

07/20 The Seahawks celebrate Lumen Field's 20 years by announcing new capital projects designed to modernize and upgrade various areas throughout the stadium over a three-year period to upgrade fan experience.

08/25 Announced Lumen Field would be the first NFL stadium with Amazon Just Walk Out concession spaces, featuring check-out free technology. The stadium's three spaces were the largest deployment of check-out free technology in sports.

09/23 Held a ribbon-cutting to open Lumen Field's updated sensory room, re-named Ben's Room, after the son of John & Traci Schneider.

10/16 RB Shaun Alexander is inducted to the Seahawks Ring of Honor during halftime of the Arizona Cardinals game, becoming the 15th member, 11th player, to receive the honor.

10/23 At the L.A. Chargers, RB Kenneth Walker III became the first Seahawks rookie with 150-plus rushing yards and two-plus rushing touchdowns since Curt Warner vs. Kansas City (11/27/83).

11/03 RB Kenneth Walker III and CB Riq Woolen were named NFL offensive and defensive rookies of the month, respectively, for October. It is the first time since the NFL started handing out rookie of the month awards in 1996 that teammates have been honored in the same month.

11/13 Seattle and Tampa Bay play the first-ever NFL game in Germany. Tampa Bay won, 21-16, in Munich's Allianz Arena, home of FC Bayern Munich.

12/04 At the L.A. Rams, CB Riq Woolen set the franchise rookie record with his sixth interception (T1st NFL).

12/06 WR Tyler Lockett is named the team's nominee for the Walter Payton NFL Man of the Year award for the second-consecutive season. The award recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

12/08 Fields & Grounds Manager Sergio Pedroza's dog, Turf, passed away at the age of 9. The chocolate labrador was a fixture around the Virginia Mason Athletic Center, greeting players, staff and fans on a daily basis.

12/21 S Quandre Diggs, K Jason Myers, QB Geno Smith and CB Riq Woolen are selected to the NFC Pro Bowl Games roster.

2023

01/08 Following a 19-16 overtime win over the L.A. Rams in Week 18, the Seahawks needed a Detroit victory at Green Bay on Sunday Night Football to advance to the postseason. The Lions won and Seattle made the playoffs for the 10th time in Pete Carroll's 13 years as head coach and for the 15th time in the last 20 seasons. Prior to the Rams game, WR Tyler Lockett is presented with the team's Steve Largent Award, given to the player that best exemplifies the spirit, dedication and integrity of the Seahawks. He becomes the third player to receive the award in consecutive seasons (Mack Strong, Russell Wilson). Seattle also won its 400th game in franchise history (383 regular season, 17 postseason), Lockett became the second player in franchise history (Steve Largent) to record four-straight 1,000-yard seasons and Seattle had two 1,000-yard receivers (Lockett, DK Metcalf) and a 1,000-yard rusher (Kenneth Walker III) for the second time in franchise history (1995). Walker became the second rookie in franchise history with 1,000 rushing yards (Curt Warner). QB Geno Smith set career-highs and franchise single-season records in attempts (572), completions (399), yards (4,282) and completion percentage (69.76, 1st NFL).

01/14 Seattle's season came to an end in the Wild Card Game at San Francisco, 41-23. WR DK Metcalf recorded his third-career postseason receiving touchdown of at least 50 yards, tying Randy Moss for second all-time. Only John Stallworth has more such touchdowns (4).

01/27 QB Geno Smith was named Comeback Player of the Year and Most Improved Player of the Year by the Pro Football Writers of America.

02/08 Announced a new ticketed pregame premium hospitality area, the Tunnel Club, will open at Lumen Field for the 2023 season

02/09 QB Geno Smith was named AP Comeback Player of the Year, while RB Kenneth Walker III finished second in offensive rookie of the year voting and CB Tariq Woolen finished third in defensive rookie of the year voting at the NFL Honors awards show. Seahawks 12, Larry Bevans, is named NFL Fan of the Year.

02/16 Seattle announced personnel department promotions for Nolan Teasley (assistant general manager), Matt Berry (senior director of player personnel), Aaron Hineline (director of college scouting) and Willie Schneider (director of pro personnel).

02/17 WR DK Metcalf was named MVP of the NBA All-Star Celebrity Game following a 20-point, 10-rebound and four-block performance.

02/21 Named Greg Olson quarterbacks coach.

03/04 Dedicated Seahawks 12 and original season ticket holder, Patti "Mama Blue" Hammond, passed away at the age of 92.

03/08 Seahawks VP/Diversity, Equity & Inclusion Karen Wilkins-Mickey was named the Most Influential Woman in Diversity & Inclusion by CIO Views magazine.

03/09 Signed QB Geno Smith to three-year contract extension.

03/14 The Seahawks announce 2023 coaching staff, including the hirings of Roy Anderson (secondary), Donovan Jackson (offensive assistant), BT Jordan (pass rush specialist), Robbie Picazo (offensive assistant) and Neiko Thorpe (defensive assistant).

03/22 Thom Fermstad, an original Seahawks employee who oversaw the team's film and video departments for 36 seasons, was recognized by the Pro Football Hall of Fame with an Award of Excellence. The Awards of Excellence winners have their names displayed inside a designated area of the Hall of Fame Museum, and enjoy an evening reception on June 28.

03/25 Signed LB Bobby Wagner, the franchise's all-time leading tackler, one year after releasing him. Wagner played for the L.A. Rams during the 2022 season.

04/11 Jeff Dunn named Chief Strategy Officer; Mike Flood, VP/Outreach & External Affairs; Kenton Olson, VP/Digital & Emerging Media; and Jeff Richards, VP/Marketing & Brand.

04/27 Seahawks select CB Devon Witherspoon (no. 5) and WR Jaxon Smith-Njigba (no. 20) in the first-round of the 2023 NFL Draft, drafting two players in the first round for the first time since 2010. Announced a multi-year extension with Bonneville Seattle Media Group to continue with Seattle Sports 710AM and KIRO Newsradio 97.3 FM as the official flagship radio broadcast partners of the Seahawks.

06/01 Announced that all full-time Seahawks and First & Goal Inc. employees are 100% CPR/AED certified.

FRANCHISE HISTORY, continued

2023, continued

06/07 Announced Seahawks Television Network preseason broadcast information, with Kate Scott serving as play-by-play announcer. Scott is the only woman to have done play-by-play for the NFL, NHL, NBA, NCAA CFB, FIFA World Cup and the Olympics.

07/12 Mario Bailey named VP/Community Engagement & Legends.

07/19 Seahawks unveil 1990s-inspired throwback uniforms to be worn vs. Cleveland on October 29.

08/10 The Tunnel Club opened at Lumen Field, offering all-inclusive premium food & beverages and exciting views of Seahawks players as they come and go from the locker room to the field.

08/18 Lumen Field renewed its SAFETY Act Designation & Certification, the highest level of security accreditation awarded by the U.S. Department of Homeland Security.

09/22-24 Celebrated the 10th anniversary of winning Super Bowl XLVIII, with a three-day celebration of events culminating in honoring team members at halftime of the Carolina Panthers game.

10/29 Wore 1990s-inspired throwback uniforms of royal blue, apple green and silver for the first time since the 2001 season vs. Cleveland. Seattle also wore that combination later in the year at Dallas on November 30.

11/23 Hosted its first Thanksgiving game in franchise history, losing to the San Francisco 49ers, 31-13.

11/30 For the first time ever, the NFL moved a Sunday game to Monday Night Football; flexing Seattle's home game vs. Philadelphia to Monday, December 18.

12/05 LB Bobby Wagner is named the team's nominee for the Walter Payton NFL Man of the Year Award for the second time (2019). The award recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

12/31 Prior to the Steelers game, LB Bobby Wagner is presented with the team's Steve Largent Award, given to the player that best exemplifies the spirit, dedication and integrity of the Seahawks. It was Wagner's second time winning the award (2017).

2024

01/03 S Julian Love, LB Bobby Wagner and CB Devon Witherspoon are selected to the NFC Pro Bowl Games roster. It was Wagner's franchise-record tying ninth nomination (Walter Jones, Russell Wilson).

01/07 The Seahawks finish 9-8 after defeating Arizona, 21-20, in Phoenix, but the team misses the playoffs for just the fourth time in the last 14 seasons. In 2023, Seattle became the only team since 1970 with five game-winning touchdowns in the final two minutes of regulation or in overtime in a season. LB Bobby Wagner led the NFL with a career-high and franchise-record tying 183 tackles, while WR DK Metcalf's 1,114 receiving yards made him the seventh player in franchise history to record back-to-back 1,000-yard seasons.

01/10 Seahawks Chair Jody Allen released a statement that in "best interest of the franchise, we have amicably agreed with Pete Carroll that his role will evolve from Head Coach to remain with the organization as an advisor." Under Carroll, the Seahawks had a winning record in 11 of 14 seasons, reached the postseason 10 times and won five NFC West titles. The 2013 team became the first in franchise history to win a Super Bowl, going 13-3 in the regular season before beating the Denver Broncos, who had the highest scoring offense in NFL history, 43-8, in Super Bowl XLVIII. Carroll took the Seahawks back to the Super Bowl the following year, making Seattle one of three teams this century to appear in consecutive Super Bowls, along with New England and Kansas City. The Seahawks led the NFL in scoring defense for four consecutive seasons from 2012-15, making them the only team in the Super Bowl era to accomplish that feat. Carroll, who finished his Seahawks coaching tenure as the winningest coach in franchise history with a 137-89-1 regular season record, was one of two coaches, along with Bill Belichick, named to the NFL's 2010s All-Decade Team, while his 181 combined victories (regular & postseason) rank 13th in NFL history.

01/12 LB Bobby Wagner earned second-team All-Pro honors, his 10th time being named first or second-team All-Pro in 12 his seasons. He is one of just three linebackers to be a 10-time All-Pro along with Hall of Famers Ray Lewis and Lawrence Taylor, and also the 15th player overall to be a 10-time All-Pro, the other 14 of which are all in the Pro Football Hall of Fame.

01/16 John Schneider promoted to president of football operations/general manager.

01/30 LB Nick Bellore, WR DK Metcalf and QB Geno Smith are named to the NFC Pro Bowl Games squad as replacements.

01/31 Named Mike Macdonald the ninth head coach in franchise history.

02/08 LB Bobby Wagner was named the winner of the Art Rooney Sportsmanship Award, given to the player who best demonstrates the qualities of on-field sportsmanship, including fair play, respect for the game and opponents, and integrity in competition.

02/13 Named Aden Durde defensive coordinator, Ryan Grubb offensive coordinator, Jay Harbaugh special teams coordinator, Leslie Frazier assistant head coach, Karl Scott defensive passing game coordinator/defensive backs, Scott Huff offensive line, and Kirk Olivadotti inside linebackers. Announced construction of the T-Mobile Endzone and 1976 Club, offering fans a new, upscale Club Level experience to enjoy on gameday. A total of 14 new loge boxes will be constructed as part of the 1976 Club for a total of 68 new seats.

02/15 Named Devin Fitzsimmons assistant special teams coach.

02/22 Named Mack Brown tight ends, Josh Bynes defensive assistant/linebackers, Rob Caprice defensive intern, Zak Hill offensive assistant/quality control, Justin Hinds defensive line, Jeff Howard safeties, Frisman Jackson wide receivers, Charles London quarterbacks, Brendan Nugent assistant offensive line, Quinshon Odom offensive assistant/quality control-offensive line, Chris Partridge outside linebackers, Jake Peetz offensive passing game coordinator, Nick Perry defensive quality control, Kennedy Polamalu running backs, and Tyson Prince assistant wide receivers.

03/08 Seahawks organization named "Diversity Champion" by the Puget Sound Business Journal as part of annual Corporate Citizenship Awards.

03/25 The Seahawks were awarded international marketing rights in Germany & DACH Region under the NFL's Global Markets Program.

04/03 Named Joey Laine vice president/football administration.

04/08 Named Chuckie Keeton offensive assistant.

04/25 Selected DT Byron Murphy II from the University of Texas with the 16th overall pick in the 2024 NFL Draft.

06/11 Announced that the team will travel to Tennessee from August 13-17 to scrimmage with the Titans prior to its preseason game. It will be Seattle's first scrimmage with another team since traveling to Portland to face the Atlanta Falcons in 1991.

09/08 Introduced Bam C. Hawk, the team's new international mascot.

10/15 Lumen Field named host venue for six matches as part of FIFA's first-ever Club World Cup in 2025.

12/01 At the N.Y. Jets, DE Leonard Williams became the first player since sacks became an official statistic (1982) with multiple sacks, a pick-six and a blocked kick in a single game. He reached a top speed of 17.84 mph during his 92-yard interception touchdown return, the longest return by a defensive lineman in NFL history.

12/05 LB Uchenna Nwosu is named the team's nominee for the Walter Payton NFL Man of the Year Award for the second time (2019 with L.A. Chargers). The award recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

FRANCHISE HISTORY, continued

2024, continued

12/08 The Seahawks win their 400th regular season game in franchise history, a 16-6 victory over Arizona at Lumen Field.

12/19 Lumen Field becomes the second NFL stadium to achieve TRUE precertification for its zero-waste sustainability efforts.

12/22 Prior to the Vikings game, WR Tyler Lockett is presented with the team's Steve Largent Award, given to the player that best exemplifies the spirit, dedication and integrity of the Seahawks. He became the third player in franchise history to win it three times (2021, 2022).

2025

01/02 CB Devon Witherspoon was selected to the NFC Pro Bowl Games roster.

01/05 Mike Macdonald leads the Seahawks to a 10-7 record, the most wins by a first-year head coach in franchise history, but misses the postseason. Seattle tied the longest streak in franchise history with six-consecutive road wins and tied the best road record (7-1) in franchise history, while WR Jaxon Smith-Njigba tied the single-season franchise record with 100 receptions and QB Geno Smith set single-season franchise records for the second time in three seasons in attempts (578), completions (407), yards (4,320) and completion percentage (70.42), becoming the 20th quarterback in NFL history with a 70% completion percentage in a season.

01/06 Relieved Ryan Grubb of his duties as offensive coordinator.

01/26 Named Klint Kubiak offensive coordinator.

01/28 WR Jaxon Smith-Njigba and DE Leonard Williams are named to the NFC Pro Bowl Games roster as replacements.

02/11 Named John Benton offensive line coach, Michael Byrne offensive assistant and Andrew Janocko quarterbacks coach.

02/18 Named Rick Dennison run game coordinator/senior offensive advisor and Justin Outten run game specialist/assistant offensive line coach.

03/05 Released WR Tyler Lockett, who finished his Seahawks career as the franchise's second-leading receiver in catches (661), yards (8,594) and touchdowns (61), trailing only Hall of Famer Steve Largent.

03/13 Traded WR DK Metcalf and a 2025 sixth-round draft pick to Pittsburgh for 2025 second-round and seventh-round draft picks. Metcalf departs Seattle as the most productive receiver in a player's first six seasons in franchise history in catches (438), yards (6,324) and touchdowns (48). Traded QB Geno Smith to Las Vegas for a 2025 third-round draft pick. Signed QB Sam Darnold, a 2025 Pro Bowler and PFWA's Most Improved Player in 2024, as an unrestricted free agent (Minnesota).

03/25 In celebration of the club's 50th season in 2025, the Seahawks launched a year-long 50th season campaign, including a commemorative logo, a variety of fan and community events, and plans for a special 50th-season theme game.

03/31 The Seahawks were awarded international marketing rights to Australia & New Zealand under the NFL's Global Markets Program.

04/24 Selected G Grey Zabel from North Dakota State with the 18th overall pick in the 2025 NFL Draft.

6/2-6 In honor of the team's 50th season, named the Top 50 Players in franchise history. The list was voted on by fans, media members and internal stakeholders.

RECORDS

94 | CHAD BROWN
LINEBACKER 1997-04

INDIVIDUAL RECORDS - REGULAR SEASON

SERVICE

Most Seasons

15	Joe Nash, 1982-96
14	Steve Largent, 1976-89
14	Mack Strong, 1994-07

Most Games Played

218	Joe Nash, 1982-96
201	Mack Strong, 1994-07
200	Steve Largent, 1976-89

Most Consecutive Games Played

159	Jon Ryan, 2008-17
149	Russell Wilson, 2012-21
135	Chris Gray, 1998-06

Most Games Started

197	Steve Largent, 1976-89
180	Walter Jones, 1997-08
176	Jacob Green, 1980-91

Most Consecutive Games Started

149	Russell Wilson, 2012-21
121	Chris Gray, 1999-06
106	Earl Thomas, 2010-16

SCORING

POINTS

Most Points, Career

810	Norm Johnson, 1982-90 (159 FG, 333 PAT)
759	Steven Hauschka, 2011-16 (175 FG, 234 PAT)
721	Jason Myers, 2019- (15 FG, 244 PAT)

Most Points, Season

168	Shaun Alexander, 2005 (27-R, 1-P)
143	Steven Hauschka, 2013 (33 FG, 44 PAT)
	Jason Myers, 2022 (34 FG, 41 PAT)
138	Jason Myers, 2023 (35 FG, 33 PAT)

Most Points, Rookie, Season

114	Josh Brown, 2003 (22 FG, 48 PAT)
102	John Kasay, 1991 (25 FG, 27 PAT)
84	Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game

30	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
24	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

Most Consecutive Games Scoring

94	Steven Hauschka, 2011-16
80	Todd Peterson, 1995-99
68	Josh Brown, 2003-07

TOUCHDOWNS

Most Touchdowns, Career

112	Shaun Alexander, 2000-07 (100-R, 12-P)
101	Steve Largent, 1976-89 (1-R, 100-P)
66	Marshawn Lynch, 2010-15, 2019 (58-R, 8-P)

Most Touchdowns, Season

28	Shaun Alexander, 2005 (27-R, 1-P)
20	Shaun Alexander, 2004 (16-R, 4-P)
18	Shaun Alexander, 2002 (16-R, 2-P)

Most Touchdowns, Rookie, Season

14	Curt Warner, 1983 (13-R, 1-P)
10	Daryl Turner, 1984 (10-P)
9	Joey Galloway, 1995 (1-R, 7-P, 1-PR)
	Kenneth Walker III, 2022 (9-R)

Most Touchdowns, Game

5	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
4	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)
3	Kenneth Walker III, vs. Detroit 9/30/2024 (3-R)

Most Consecutive Games Scoring Touchdowns (in games played)

11	Marshawn Lynch, 2011
9	Shaun Alexander, 2005
8	David Sims, 1978

OPPONENT INDIVIDUAL RECORDS

Most Points, Game

24	Terdell Middleton, at Green Bay 10/15/1978 (4 TD) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4 TD)
	Marshall Faulk, at St. Louis 10/20/2002 (4 TD)
	Marcus Robinson, at Baltimore 11/23/2003 (4 TD)
	Willis McGahee, vs. Buffalo 11/28/2004 (4 TD)
	Larry Johnson, at Kansas City 10/29/2006 (4 TD)
	Jamal Lewis, at Cleveland 11/4/2007 (4 TD)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4 TD)
	Taysom Hill, at New Orleans 10/09/2022 (4 TD)

Most Touchdowns, Game

4	Terdell Middleton, at Green Bay 10/15/1978 (4-R) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4-P)
	Marshall Faulk, at St. Louis 10/20/2002 (3-R, 1-P)
	Marcus Robinson, at Baltimore 11/23/2003 (4-P)
	Willis McGahee, vs. Buffalo 11/28/2004 (4-R)
	Larry Johnson, at Kansas City 10/29/2006 (3-R, 1-P)
	Jamal Lewis, at Cleveland 11/4/2007 (4-R)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4-R)
	Taysom Hill, at New Orleans 10/09/2022 (3-R, 1-P)
3	Many Times (Last: Derrick Henry, vs. Tennessee 9/19/2021 [3-R])

POINTS AFTER TOUCHDOWN

ATTEMPTS

Most Points After Touchdown Attempted, Career

339	Norm Johnson, 1982-90
259	Jason Myers, 2019-
246	Steven Hauschka, 2011-16

Most Points After Touchdown Attempted, Season

57	Josh Brown, 2005
53	Jason Myers, 2020
51	Norm Johnson, 1984
	Sebastian Janikowski, 2018

Most Points After Touchdown Attempted, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Jason Myers, at Detroit 10/2/2022)

MADE

Most Points After Touchdown Made, Career

333	Norm Johnson, 1982-90
244	Jason Myers, 2019-
234	Steven Hauschka, 2011-16

Most Points After Touchdown Made, Season

56	Josh Brown, 2005
50	Norm Johnson, 1984
49	Norm Johnson, 1983
	Jason Myers, 2020

Most Points After Touchdown Made, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Jason Myers, at Detroit 10/2/2022)

Most Consecutive Points After Touchdown Made

177	Todd Peterson, 1995-99
167	Norm Johnson, 1985-90
113	Josh Brown, 2003-05

PERCENTAGE

Highest PAT %, Career (Min. 100 PATs)

100.0	Todd Peterson, 1995-99 (177-177)
99.6	Josh Brown, 2003-07 (223-224)
98.5	Norm Johnson, 1982-90 (333-338)

Most Points After Touchdown, No Misses, Season

48	Josh Brown, 2003
44	Steven Hauschka, 2013
43	Josh Brown, 2007

Most Points After Touchdown, No Misses, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	15 Times (Last: Jason Myers, at Detroit 10/2/2022)

OPPONENT INDIVIDUAL RECORDS

Most Points After Touchdown Attempted, Game

7	Rafael Septien, at Dallas 11/27/1980
	Nick Lowery, vs. Kansas City 11/27/1983
6	8 Times (Last: Jake Bates, at Detroit 9/30/2024)

Most Points After Touchdown, Game

7	Rafael Septien, at Dallas 11/27/1980
6	9 Times (Last: Jake Bates, at Detroit 9/30/24 [6 att.])

Most Points After Touchdown, No Misses, Game

7	Rafael Septien, at Dallas 11/27/1980
6	8 Times (Last: Jake Bates, at. Detroit 9/30/2024)

FIELD GOALS

ATTEMPTS

Most Field Goals Attempted, Career

228	Norm Johnson, 1982-90
197	Steven Hauschka, 2011-16
184	Jason Myers, 2019-

Most Field Goals Attempted, Season

42	Jason Myers, 2023
40	Todd Peterson, 1999
37	Steven Hauschka, 2014
	Steven Hauschka, 2016
	Jason Myers, 2022

Most Field Goals Attempted, Game

6	Norm Johnson, vs. Kansas City 9/20/1987
	Todd Peterson, vs. San Diego 12/12/1999
	Todd Peterson, at Pittsburgh 9/26/1999
	Olindo Mare, vs. Chicago 9/27/2009
	Olindo Mare, at Arizona 11/14/2010
5	14 Times (Last: Jason Myers, vs. Washington 11/12/2023)

MADE

Most Field Goals Made, Career

175	Steven Hauschka, 2011-16
159	Norm Johnson, 1982-90
	Jason Myers, 2019-

Most Field Goals Made, Season

35	Jason Myers, 2023
34	Todd Peterson, 1999
	Jason Myers, 2022
33	Steven Hauschka, 2013
	Steven Hauschka, 2016

Most Field Goals Made, Rookie, Season

25	John Kasay, 1991
22	Josh Brown, 2003
15	Rian Lindell, 2000

INDIVIDUAL RECORDS - REGULAR SEASON

Most Field Goals Made, Game

5	Norm Johnson, vs. Kansas City 9/20/1987
	Norm Johnson, vs. L.A. Raiders 12/18/1988
	Todd Peterson, at Pittsburgh 9/26/1999
	Olindo Mare, vs. Arizona 10/24/2010
	Olindo Mare, at Arizona 11/14/2010
	Steven Hauschka, vs. Baltimore 11/13/2011
	Jason Myers, vs. Carolina 9/24/2023
	Jason Myers, vs. Washington 11/12/2023
4	Many Times (Last: Jason Myers, vs. L.A. Rams 1/8/2023)

Most Field Goals Made, One Quarter

3	11 Times (Last: Jason Myers, vs. Carolina 9/24/2023, 2nd)

Most Consecutive Games Scoring Field Goals

26	Jason Myers, 2022-23
19	Steven Hauschka, 2015-16
14	Steven Hauschka, 2011-12

Most Consecutive Field Goals Made

37	Jason Myers, 2019-21
30	Olindo Mare, 2009-10
24	Jason Myers, 2022

Longest Field Goal Made

61	Jason Myers, at L.A. Rams 11/15/2020
59	Jason Myers, at Atlanta 10/20/2024
58	Josh Brown, at Green Bay 10/5/2003
	Steven Hauschka, at Carolina 10/26/2014

Longest Field Goal Attempted

62	Jason Myers, at Detroit 9/30/2024
61	Steven Hauschka, vs. Atlanta 10/2/2011
	Steven Hauschka, at Detroit 10/28/2012
	Jason Myers, at L.A. Rams 11/15/2020
60	Efren Herrera, vs. Kansas City 11/9/1980
	Jason Myers, vs. Minnesota 12/22/2024

PERCENTAGE

Highest Field Goal %, Career (Min. 25 att.)

88.8	Steven Hauschka, 2011-16 (175-197)
88.0	Olindo Mare, 2008-10 (73-83)
86.4	Jason Myers, 2019- (159-184)

Highest FG %, Season (Min. 1 att. per game)

100.0	Jason Myers, 2020 (24-24)
94.3	Steven Hauschka, 2013 (33-35)
93.6	Steven Hauschka, 2015 (29-31)

Most Field Goals, No Misses, Game

5	Norm Johnson, vs. L.A. Raiders 12/18/1988
	Olindo Mare, vs. Arizona 10/24/2010
	Steven Hauschka, vs. Baltimore 11/13/2011
	Jason Myers, vs. Carolina 9/24/2023
	Jason Myers, vs. Washington 11/12/2023
4	Many Times (Last: Jason Myers, vs. Arizona 10/16/2022)

50-YARD FIELD GOALS

Most Field Goal Attempts, 50+ Yards, Career

37	Jason Myers, 2019-
26	Norm Johnson, 1982-90
22	Josh Brown, 2003-07
	Steven Hauschka, 2011-16

Most Field Goals Made, 50 or More Yards, Career

26	Jason Myers, 2019-
15	Steven Hauschka, 2011-16
13	Josh Brown, 2003-07

Most Field Goals Made, 50+ Yards, Season

9	Jason Myers, 2024
6	Steven Hauschka, 2015
	Jason Myers, 2022
5	Norm Johnson, 1986
	Josh Brown, 2005

Most Field Goals Made, 50 or More Yards, Game

2	Norm Johnson, vs. L.A. Raiders 12/8/1986
	John Kasay, vs. San Diego 10/27/1991
	Josh Brown, vs. Dallas 10/23/2005
	Josh Brown, vs. San Francisco 12/11/2005
	Josh Brown, at Atlanta 12/30/2007
	Steven Hauschka, vs. Detroit 10/5/2015
	Steven Hauschka, at Arizona 1/3/2016
	Jason Myers, at L.A. Rams 11/19/2023
	Jason Myers, at San Francisco 11/17/2024

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Field Goals Attempted, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981
	John Carney, at San Diego 9/5/1993
	Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)
	Dan Bailey, at Dallas 12/24/2017

MADE

Most Field Goals Made, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981
	John Carney, at San Diego 9/5/1993
	Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

Most Field Goals Made, One Quarter

3	Rich Karlis, at Denver 11/20/1983 (4th)
	Al Del Greco, at Houston 11/7/1993 (2nd)
	John Carney, vs. San Diego 9/21/1997 (2nd)
	David Akers, at San Francisco 9/1/2011 (2nd)
	Ryan Succup, at Tennessee 9/24/2017 (2nd)
	Dan Bailey, at Dallas 12/24/2017 (2nd)

Longest Field Goal Made

61	Ka'imi Fairbairn, at Houston 12/13/2021
60	Greg Zuerlein, at St. Louis 9/30/2012
58	Greg Zuerlein, at St. Louis 9/30/2012
	Joshua Karty, at L.A. Rams 1/5/2025

Longest Field Goal Attempted

66	Jason Elam, at Denver 12/10/1995
64	Jason Elam, at Denver 12/19/1999
	Brandon McManus, vs. Denver 09/12/2022
61	Ali Haji-Sheikh, at N.Y. Giants 12/11/1983
	Michael Husted, vs. Oakland 10/3/1999
	Ka'imi Fairbairn, at Houston 12/13/2021

PERCENTAGE

Most Field Goals Made, No Misses, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981
	John Carney, at San Diego 9/5/1993
	Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

50-YARD FIELD GOALS

Most Field Goals Made, 50 or More Yards, Game

3	Neil Rackers, at Arizona 10/24/2004
2	By 12 Players (Last: Joshua Karty, at L.A. Rams 1/5/2025)

RUSHING

ATTEMPTS

Most Attempts, Career

2,176	Shaun Alexander, 2000-07
1,649	Curt Warner, 1983-89
1,559	Chris Warren, 1990-97

Most Attempts, Season

370	Shaun Alexander, 2005
353	Shaun Alexander, 2004
335	Curt Warner, 1983

Most Attempts, Rookie, Season

335	Curt Warner, 1983
228	Kenneth Walker III, 2022
147	Thomas Rawls, 2015

Most Attempts, Game

40	Shaun Alexander, vs. Green Bay 11/27/2006
36	Chris Warren, at New England 9/19/1993
35	Shaun Alexander, vs. Oakland 11/11/2001

YARDS GAINED

Most Yards Gained, Career

9,429	Shaun Alexander, 2000-07
6,706	Chris Warren, 1990-97
6,705	Curt Warner, 1983-89

Most Yards Gained, Season

1,880	Shaun Alexander, 2005
1,696	Shaun Alexander, 2004
1,590	Marshawn Lynch, 2012

Most Yards Gained, Rookie, Season

1,449	Curt Warner, 1983
1,050	Kenneth Walker III, 2022
830	Thomas Rawls, 2015

Most Yards Gained, Game

266	Shaun Alexander, vs. Oakland 11/11/2001
209	Thomas Rawls, vs. San Francisco 11/22/2015
207	Curt Warner, vs. Kansas City 11/27/1983 (OT)

Most Seasons, 1,000 or More Yards Rushing

5	Shaun Alexander, 2001-05
4	Curt Warner, 1983, 1985, 1986, 1988
	Chris Warren, 1992-95
	Marshawn Lynch, 2011-14

Most Games, 100 or More Yards Rushing, Career

37	Shaun Alexander, 2000-07
25	Marshawn Lynch, 2010-15, 2019
24	Chris Warren, 1990-97

Most Games, 100 or More Yards Rushing, Season

11	Shaun Alexander, 2005
10	Marshawn Lynch, 2012
8	Chris Warren, 1995

Most Consecutive Games, 100+ Yards, Rushing

4	Shaun Alexander, 2005
	Marshawn Lynch, 2012 (2 Times)
3	Shaun Alexander, 2004, 2005
	Marshawn Lynch, 2011
	Chris Carson, 2018, 2019
	Rashaad Penny, 2021
	Kenneth Walker III, 2022
2	Many Players

2 or More with 100+ Yards Rushing, Game

1	Curt Warner 130 and John L. Williams 105 vs. L.A. Raiders 11/28/1988
	Curt Warner 126 and John L. Williams 109 vs. Denver 12/11/1988
	Shaun Alexander 141 and Maurice Morris 104 vs. Houston 10/16/2005
	Marshawn Lynch 128 and Robert Turbin 108 vs. Arizona 12/9/2012
	Marshawn Lynch 102 and Russell Wilson 102 at Indianapolis 10/6/2013
	Marshawn Lynch 140 and Russell Wilson 107 vs. N.Y. Giants 11/9/2014

Longest Run From Scrimmage

88t	Shaun Alexander, vs. Oakland 11/11/2001
	Shaun Alexander, at Arizona 11/6/2005
86t	Joey Galloway, at Jacksonville 11/12/1995

AVERAGE GAIN

Highest Average Gain, Career (Min. 100 att.)

5.7	Rashaad Penny, 2018- (337-1,918)
5.6	Russell Wilson, 2012-21 (845-4,689)
5.5	Steve Broussard, 1995-98 (136-750)

Highest Average Gain, Season (Min. 100 att.)

7.2	Russell Wilson, 2014 (118-849)
6.3	Rashaad Penny, 2021 (119-749)
5.7	Thomas Rawls, 2015 (147-830)

Highest Average Gain, Game (Min. 10 att.)

11.6	Marshawn Lynch, vs. Arizona 12/9/2012 (11-128)
11.3	Marshawn Lynch, at Buffalo 12/16/2012 (10-113)
	Marshawn Lynch, at Arizona 12/21/2014 (10-113)
11.1	Russell Wilson, at Washington 10/6/2014 (11-122)

INDIVIDUAL RECORDS - REGULAR SEASON

TOUCHDOWNS

Most Touchdowns, Career

100	Shaun Alexander, 2000-07
58	Marshawn Lynch, 2010-15, 2019
55	Curt Warner, 1983-89

Most Touchdowns, Season

27	Shaun Alexander, 2005
16	Shaun Alexander, 2002, 2004
15	Chris Warren, 1995

Most Touchdowns, Rookie, Season

13	Curt Warner, 1983
9	Kenneth Walker III, 2022
5	David Sims, 1977

Most Touchdowns, Game

4	Curt Warner, vs. Denver 12/11/1988
	Shaun Alexander, vs. Minnesota 9/29/2002
	Shaun Alexander, vs. Arizona 9/25/2005
	Shaun Alexander, vs. Houston 10/16/2005
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014
3	16 Times (Last: Kenneth Walker III, at Detroit 9/30/24)

Most Consecutive Games Rushing for Touchdown

9	Shaun Alexander, 2005
7	Chris Warren, 1993-94
	David Sims, 1978
6	Shaun Alexander, 2003-04
	Marshawn Lynch, 2011

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

39	Earl Campbell, at Houston 10/11/1981
	Larry Johnson, at Kansas City 10/29/2006
38	Edgerrin James, vs. Indianapolis 10/15/2000
37	Christian Okoye, at Kansas City 11/5/1989

YARDS GAINED

Most Yards Gained, Game

229	Josh Jacobs, vs. Las Vegas Raiders 11/27/2022 (OT)
221	Bo Jackson, vs. L.A. Raiders 11/30/1987
219	Edgerrin James, vs. Indianapolis 10/15/2000

Most Games, 2 or More with 100+ Yards Rushing

1	Jim Otis 140 and Terry Metcalf 113 vs. St. Louis 9/12/1976
	Tom Sullivan 121 and Mike Hogan 104 at Philadelphia 12/12/1976
	Taysom Hill 112 and Alvin Kamara 103 at New Orleans 10/9/2022

Longest Run From Scrimmage

95t	Chester Taylor, vs. Minnesota 10/22/2006
91t	Bo Jackson, vs. L.A. Raiders 11/30/1987
86t	Josh Jacobs vs. Las Vegas 11/27/2022 (OT)

AVERAGE GAIN

Highest Average Gain, Game (Min. 10 att.)

12.9	Frank Gore, at San Francisco 9/20/2009 (16-207)
12.3	Bo Jackson, vs. L.A. Raiders 11/30/1987 (18-221)
12.3	Ted McKnight, vs. Kansas City 9/30/1979 (12-147)

TOUCHDOWNS

Most Touchdowns, Game

4	Terdell Middleton, at Green Bay (Milwaukee) 10/15/1978
	Willis McGahee, vs. Buffalo 11/28/2004
	Jamal Lewis, at Cleveland 11/4/2007
3	14 Times (Last: Taysom Hill, at New Orleans 10/9/2022)

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 500 att.)

101.8	Russell Wilson, 2012-21
95.9	Geno Smith, 2019-
83.1	Seneca Wallace, 2003-09

Highest Pass Rating, Season (Min. 160 att.)

110.9	Russell Wilson, 2018
110.1	Russell Wilson, 2015
106.3	Russell Wilson, 2019

Highest Pass Rtg., Rookie, Season (Min. 100 att.)

100.0	Russell Wilson, 2012
69.2	Kelly Stouffer, 1988
67.0	Rick Mirer, 1993

Passer Rating, Game (16 Attempts)

158.3	Russell Wilson, at Detroit, 10/28/18
153.3	Dave Krieg, at San Diego, 12/14/86
152.3	Russell Wilson, at Indianapolis, 9/12/21

ATTEMPTS

Most Passes Attempted, Career

4,735	Russell Wilson, 2012-21
4,250	Matt Hasselbeck, 2001-10
3,576	Dave Krieg, 1980-91

Most Passes Attempted, Season

578	Geno Smith, 2024
572	Geno Smith, 2022
562	Matt Hasselbeck, 2007

Most Passes Attempted, Rookie, Season

486	Rick Mirer, 1993
439	Jim Zorn, 1976
393	Russell Wilson, 2012

Most Passes Attempted, Game

56	Geno Smith, at Detroit 9/30/2024
55	Matt Hasselbeck, at San Francisco 12/1/2002
53	Matt Hasselbeck, at San Diego 12/29/2002 (OT)

COMPLETIONS

Most Passes Completed, Career

3,079	Russell Wilson, 2012-21
2,559	Matt Hasselbeck, 2001-10
2,096	Dave Krieg, 1980-91

Most Passes Completed, Season

407	Geno Smith, 2024
399	Geno Smith, 2022
384	Russell Wilson, 2020

Most Passes Completed, Rookie, Season

274	Rick Mirer, 1993
252	Russell Wilson, 2012
208	Jim Zorn, 1976

Most Passes Completed, Game

39	Matt Hasselbeck, vs. Detroit 11/8/2009
38	Geno Smith, at Detroit 9/30/2024
36	Matt Hasselbeck, at San Diego 12/29/2002 (OT)

Most Consecutive Passes Completed, Game

17	Warren Moon, vs. Oakland 11/1/1998
16	Russell Wilson, at Miami 11/25/2012
	Geno Smith, vs. San Francisco 12/16/2022
15	Jim Zorn, vs. Cleveland 10/12/1980
	Matt Hasselbeck, vs. Detroit 11/8/2009
	Russell Wilson, at Oakland 10/14/2018
	Russell Wilson, at Detroit 10/28/2018
	Russell Wilson, vs. Minnesota 10/11/20

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 500 att.)

68.5	Geno Smith, 2019- (1,749-1,198)
65.0	Russell Wilson, 2012-21 (4,735-3,079)
60.2	Matt Hasselbeck, 2001-10 (4,250-2,559)

Highest Completion %, Season (Min. 100 att.)

70.4	Geno Smith, 2024 (578-407)
69.8	Geno Smith, 2022 (572-399)
68.8	Russell Wilson, 2020 (558-384)

Highest Comp. %, Rookie, Season (Qualifiers)

64.1	Russell Wilson, 2012 (393-252)
56.4	Rick Mirer, 1993 (486-274)
47.4	Jim Zorn, 1976 (439-208)

Highest Completion %, Game (Min. 20 att.)

88.6	Russell Wilson at Atlanta 9/13/2020 (35-31)
86.4	Dave Krieg, vs. Denver 12/11/1988 (22-19)
84.0	Matt Hasselbeck, vs. San Francisco 12/11/2005 (25-21)

YARDS GAINED

Most Yards Gained, Career

37,059	Russell Wilson, 2012-21
29,434	Matt Hasselbeck, 2001-10
26,132	Dave Krieg, 1980-91

Most Yards Gained, Season

4,320	Geno Smith, 2024
4,282	Geno Smith, 2022
4,219	Russell Wilson, 2016

Most Yards Gained, Rookie, Season

3,118	Russell Wilson, 2012
2,833	Rick Mirer, 1993
2,571	Jim Zorn, 1976

Most Yards Gained, Game

452	Russell Wilson, vs. Houston 10/29/2017
449	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
427	Matt Hasselbeck, at San Francisco 12/1/2002

Most Seasons, 3,000 or More Yards Passing

10	Russell Wilson, 2012-21
7	Matt Hasselbeck, 2002-05, 2007, 2009-10
4	Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000+ Yds. Passing

10	Russell Wilson, 2012-21
4	Matt Hasselbeck, 2002-05
3	Jim Zorn, 1978-80

Most Games, 400 or More Yards Passing, Career

4	Dave Krieg, 1980-91
3	Matt Hasselbeck, 2001-07
2	Russell Wilson, 2012-21

Most Games, 300 or More Yards Passing, Career

21	Russell Wilson, 2012-21
19	Matt Hasselbeck, 2001-10
13	Geno Smith, 2019-

Most Games, 300 or More Yards Passing, Season

5	Russell Wilson, 2020
	Geno Smith, 2024
4	Matt Hasselbeck, 2002, 2003
	Geno Smith, 2022, 2023
3	Jim Zorn, 1979
	Dave Krieg, 1984
	Matt Hasselbeck, 2004, 2007
	Russell Wilson, 2016, 2017, 2019

Most Consecutive Games, 300+ Yards Passing

2	Matt Hasselbeck, 6 Times
	Jim Zorn, 2 Times
	Russell Wilson, 3 Times
	Geno Smith, 2 Times

Longest Pass Completion

90t	Seneca Wallace (to Koren Robinson) vs. Philadelphia 11/2/2008
87t	Matt Hasselbeck (to Ben Obomanu) vs. Kansas City 11/28/2010
84t	Geno Smith (to DK Metcalf) vs. New Orleans 10/25/2021

AVERAGE GAIN

Highest Average Gain, Career (Min. 300 att.)

7.8	Russell Wilson, 2012-21 (4,735-37,059)
7.4	Geno Smith, 2019- (1,749-12,961)
7.3	Dave Krieg, 1980-91 (3,576-26,132)

Highest Average Gain, Season (Min. 100 att.)

8.8	Dave Krieg, 1983 (243-2,139)
8.3	Russell Wilson, 2015 (483, 4,024)
8.3	Trent Dilfer, 2001 (122-1,014)

INDIVIDUAL RECORDS - REGULAR SEASON

Highest Average Gain, Rookie, Season (Qualifiers)

7.9	Russell Wilson, 2012 (393-3,118)
5.9	Jim Zorn, 1976 (439-2,571)
5.8	Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (Min. 20 att.)

14.5	Dave Krieg, vs. San Diego 12/14/1986 (21-305)
13.3	Dave Krieg, vs. Kansas City 11/11/1990 (23-306)
12.9	Jim Zorn, vs. Buffalo 10/30/1977 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career

292	Russell Wilson, 2012-21
195	Dave Krieg, 1980-91
174	Matt Hasselbeck, 2001-10

Most Touchdown Passes, Season

40	Russell Wilson, 2020
35	Russell Wilson, 2018
34	Russell Wilson, 2015, 2017

Most Touchdown Passes, Game

5	11 Times (Last: Russell Wilson, vs. Dallas, 9/27/2020)

Most Games, 5 or More TD Passes, Career

5	Russell Wilson, 2012-21
3	Dave Krieg, 1980-91
2	Matt Hasselbeck, 2001-10
1	Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

17	Russell Wilson, 2012-21
7	Dave Krieg, 1980-91
5	Matt Hasselbeck, 2001-10

Most Games, 5 or More TD Passes, Season

2	Russell Wilson, 2015, 2020
1	7 Times (Last: Russell Wilson, 2019)

Most Games, 4 or More TD Passes, Season

5	Russell Wilson, 2020
3	Dave Krieg, 1985
2	Jim Zorn, 1977
	Dave Krieg, 1988
	Warren Moon, 1997
	Russell Wilson, 2015, 2017, 2019, 2021

Most Consecutive Games, 4 or More TD Passes

3	Russell Wilson, 2020
1	Many Times (Last: Geno Smith, 2024)

Most Consecutive Games with a Touchdown Pass

28	Dave Krieg, 1983-85
18	Russell Wilson, 2017-18
17	Russell Wilson, 2015-16

HIGHEST %, TOUCHDOWN-PASSES

Highest %, TD Passes, Career (Min. 500 att.)

6.2	Russell Wilson, 2012-21 (4,735-292)
5.5	Dave Krieg, 1980-91 (3,576-195)
4.6	Warren Moon, 1997-98 (786-36)

Highest %, TD Passes Season (Min. 100 att.)

8.2	Russell Wilson, 2018 (427-35)
7.9	Dave Krieg, 1988 (228-18)
7.8	Dave Krieg, 1987 (294-23)

Highest %, TD Passes, Rookie, Season (Qual.)

6.6	Russell Wilson, 2012 (393-26)
2.7	Jim Zorn, 1976 (439-12)
2.5	Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Att., None Intercepted

220	Russell Wilson, 2018-19
202	Russell Wilson, 2016
197	Russell Wilson, 2016-17

Most Passes Had Intercepted, Career

148	Dave Krieg, 1980-91
133	Jim Zorn, 1976-84
128	Matt Hasselbeck, 2001-10

Most Passes Had Intercepted, Season

27	Jim Zorn, 1976
24	Dave Krieg, 1984
20	By 6 Players (Last: Rick Mirer, 1995)

Most Passes Had Intercepted, Game

6	Jim Zorn, vs. Detroit 10/24/1976
5	Jim Zorn, vs. Kansas City 11/9/1980
	Dave Krieg, at Kansas City 12/9/1984
	Jon Kitna, vs. Tampa Bay 11/28/1999
	Russell Wilson, at Green Bay 12/11/2016

Most Attempts, No Interceptions, Game

50	Russell Wilson, vs. New Orleans 9/22/2019
49	Russell Wilson, at Tennessee 9/24/2017
47	Jim Zorn, vs. Kansas City 9/27/1981
	Trent Dilfer, vs. Arizona 9/15/2002

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Int., Career (Min. 400 att.)

1.8	Russell Wilson, 2012-21 (4,735-87)
2.1	Geno Smith, 2019- (1,749-36)
2.5	Seneca Wallace, 2003-09 (556-14)

Lowest %, Passes Had Int., Season (Min. 100 att.)

1.0	Russell Wilson, 2019 (516-5)
1.2	Seneca Wallace, 2008 (242-3)
1.5	Russell Wilson, 2021 (400-6)

Lowest %, Passes Had Int., Rookie, Season (Qualifiers)

2.5	Russell Wilson, 2012 (393-10)
3.5	Rick Mirer, 1993 (486-17)
6.2	Jim Zorn, 1976 (439-27)

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Passes Attempted, Game

63	Vinny Testaverde, at N.Y. Jets 12/6/1998
58	Tom Brady, vs. New England 10/14/2012
	Andy Dalton, vs. Carolina 9/24/2023
57	Dak Prescott, vs. Dallas 9/27/2020

COMPLETIONS

Most Passes Completed, Game

42	Vinny Testaverde, at N.Y. Jets 12/6/1998
39	Matt Schaub, at Atlanta 10/27/2019
38	Dwayne Haskins Jr., at Washington 12/20/2020

Highest Completion %, Game (Min. 20 att.)

88.0	Brett Favre, at Minnesota 11/22/2009 (25-22)
85.0	Austin Davis, at St. Louis 10/19/2014 (20-17)
83.9	Fran Tarkenton, at Minnesota 11/14/1976 (31-26)

YARDS GAINED

Most Yards Gained, Game

472	Dak Prescott, vs. Dallas 9/27/2020
460	Matt Schaub, at Atlanta 11/27/2019
456	Ben Roethlisberger, vs. Pittsburgh 11/29/2015

Longest Pass Completion

99t	Stan Humphries (to Tony Martin) vs. San Diego 9/18/1994
92	Marc Wilson (to Marcus Allen) at L.A. Raiders 10/7/1984
	Eric Zeier (to Derrick Alexander) at Baltimore 12/7/1997

AVERAGE GAIN

Highest Average Gain, Game (Min. 20 att.)

14.6	Doug Flutie, vs. Buffalo 12/23/2000 (25-366)
13.6	Brock Purdy, at San Francisco 12/10/2023 (27-368)
13.5	Ken O'Brien, vs. N.Y. Jets 11/2/1986 (32-431)

TOUCHDOWNS

Most Touchdown Passes, Game

5	Neil O'Donnell, vs. N.Y. Jets 8/31/1997
	Josh Freeman, at Tampa Bay 12/26/2010
4	Many Times (Last: Jared Goff, at Detroit 10/2/2022)

HAD INTERCEPTED

Most Passes Had Intercepted, Game

5	Ken Stabler, at Houston 10/5/1980
	Craig Whelihan, vs. San Diego 12/13/1998
	Kurt Warner, vs. Arizona 12/9/2007
	Matthew Stafford, vs. Detroit 11/8/2009
	Eli Manning, at N.Y. Giants 12/15/2013
4	17 Times (Last: Carson Palmer, vs. Arizona 12/22/2013)

Most Attempts, No Interceptions, Game

58	Andy Dalton, vs. Carolina 9/24/2023
52	Ryan Leaf, vs. San Diego 10/25/1998
49	Carson Palmer, at Arizona 10/23/2016

RECEIVING

RECEPTIONS

Most Pass Receptions, Career

819	Steve Largent, 1976-89
661	Tyler Lockett, 2015-
581	Brian Blades, 1988-98

Most Pass Receptions, Season

100	Tyler Lockett, 2020
	Jaxon Smith-Njigba, 2024
94	Bobby Engram, 2007
	Doug Baldwin, 2016
90	DK Metcalf, 2022

Most Pass Receptions, Rookie, Season

67	Joey Galloway, 1995
63	Jaxon Smith-Njigba, 2023
58	DK Metcalf, 2019

Most Pass Receptions, Game

15	Steve Largent, vs. Detroit 10/18/1987
	Tyler Lockett, at Arizona 10/25/2020
14	Bobby Engram, at Cleveland 11/4/2007
13	Doug Baldwin, vs. Arizona 12/24/2016

Most Seasons, 80 or More Pass Receptions

3	Tyler Lockett, 2019-20, 2022
2	Brian Blades, 1993-94
	DK Metcalf, 2020, 2022
1	Darrell Jackson, 2004
	Bobby Engram, 2007
	Doug Baldwin, 2016
	Jaxon Smith-Njigba, 2024

Most Seasons, 70 or More Pass Receptions

6	Steve Largent, 1978, 1981, 1983-86
5	Brian Blades, 1989, 1991, 1993-95
	Tyler Lockett, 2019-23
3	John L. Williams, 1989-90, 1992
	Doug Baldwin, 2015-17
	DK Metcalf, 2020-22

Most Seasons, 50 or More Pass Receptions

10	Steve Largent, 1976, 1978-81, 1983-87
7	Doug Baldwin, 2011, 2013-18
	Tyler Lockett, 2015, 2018-23
6	John L. Williams, 1988-93
	Darrell Jackson, 2000-04, 2006

Most Consecutive Games with a Pass Reception

177	Steve Largent, 1977-89
81	Tyler Lockett, 2019-2024
71	Joey Galloway, 1995-99

YARDS GAINED

Most Yards Gained, Career

13,089	Steve Largent, 1976-89
8,594	Tyler Lockett, 2015-
7,620	Brian Blades, 1988-98

Most Yards Gained, Season

1,303	DK Metcalf, 2020
1,287	Steve Largent, 1985
1,240	Koren Robinson, 2002

INDIVIDUAL RECORDS - REGULAR SEASON

Most Yards, Rookie, Season

1,039	Joey Galloway, 1995
900	DK Metcalf, 2019
788	Doug Baldwin, 2011

Most Yards Gained, Game

261	Steve Largent, vs. Detroit 10/18/1987
200	Tyler Lockett, at Arizona 10/25/2020
191	Steve Largent, vs. Denver 11/25/1984

Most Games, 100+ Yards, Receiving, Career

40	Steve Largent, 1976-89
19	Darrell Jackson, 2000-06
18	Tyler Lockett, 2015-

Most Games, 100+ Yards, Receiving, Season

6	Steve Largent, 1979
5	Steve Largent, 1984
	Brian Blades, 1989
	Darrell Jackson, 2001, 2004
	Koren Robinson, 2002
	DK Metcalf, 2020
	Tyler Lockett, 2021

Most Consecutive Games, 100+ Yards Receiving

3	DK Metcalf, 2024
2	20 Times (Last: Jaxon Smith-Njigba, 2024)

Longest Pass Reception

90t	Koren Robinson (from Seneca Wallace), vs. Philadelphia 11/2/2008
87t	Ben Obomanu (from Matt Hasselbeck), vs. Kansas City 11/28/2010
84t	DK Metcalf (from Geno Smith), vs. New Orleans 10/25/2021

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (Min. 100 rec.)

18.5	Daryl Turner, 1984-87 (101-1,872)
16.0	Steve Largent, 1976-89 (819-13,089)
15.8	Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (Min. 50 rec.)

18.7	Steve Largent, 1979 (66-1,237)
17.3	Joey Galloway, 1996 (57-987)
17.1	Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (Min. 5 rec.)

31.8	Ben Obomanu, vs. Kansas City 11/28/2010 (5-159)
28.4	Tyler Lockett, at Houston 12/12/2021 (5-142)
27.8	Steve Largent, vs. Oakland 9/16/1979 (5-139)

TOUCHDOWNS

Most Touchdowns, Career

100	Steve Largent, 1976-89
61	Tyler Lockett, 2015-
49	Doug Baldwin, 2011-18

Most Touchdowns, Season

14	Doug Baldwin, 2015
13	Daryl Turner, 1985
12	Steve Largent, 1984
	Joey Galloway, 1997
	DK Metcalf, 2021

Most Touchdowns, Rookie, Season

10	Daryl Turner, 1984
8	Brian Blades, 1988
7	Joey Galloway, 1995
	DK Metcalf, 2019

Most Touchdowns, Game

4	Daryl Turner, vs. San Diego 9/15/1985
3	11 Times (Last: DK Metcalf, at Dallas 11/30/2023)

Most Consecutive Games with a Touchdown

6	Tyler Lockett, 2022
5	Steve Largent, 1984
	Joey Galloway, 1998
	Doug Baldwin, 2015
4	9 Times (Last: DK Metcalf, 2019-20)

OPPONENT INDIVIDUAL RECORDS

RECEPTIONS

Most Pass Receptions, Game

13	Wes Chandler, at San Diego 9/15/1985
	Tony Martin, at San Diego 9/10/1995
	Anquan Boldin, vs. Arizona 11/16/2008
	Larry Fitzgerald, vs. Arizona 10/18/2009
	Dwayne Bowe, vs. Kansas City 11/28/2010
	Logan Thomas, at Washington 12/20/2020
12	Gary Clark, vs. Phoenix 12/19/1993 (OT)
	T.J. Houshmandzadeh, vs. Cincinnati 9/23/2007
	Wes Welker, vs. New England 12/7/2008
	Mike Evans, vs. Tampa Bay 11/3/2019
	Zach Ertz, at Philadelphia 11/24/2019
	Robert Woods, vs. L.A. Rams 10/7/2021
	Austin Ekeler, at L.A. Chargers 10/23/2022
	CeeDee Lamb, at Dallas 11/30/2023
	Trey McBride, vs. Arizona 11/24/2024

YARDS GAINED

Most Yards Gained, Game

243	Wes Chandler, at San Diego 9/15/1985
224	DeAndre Hopkins, vs. Houston 10/29/2017
201	Markus Wheaton, vs. Pittsburgh 11/29/2015

Longest Pass Reception

99t	Tony Martin (from Stan Humphries) vs. San Diego 9/18/1994
92	Marcus Allen (from Marc Wilson) at L.A. Raiders 10/7/1984
	Derrick Alexander (from Eric Zeier) at Baltimore 12/7/1997

Games, 2 or More with 100+ Yards Receiving

1	22 Times (Last: Deebo Samuel [149], Brandon Aiyuk [126] vs. San Francisco 12/10/2023)

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Game (Min. 5 rec.)

32.4	James Lofton, at Green Bay (Milwaukee) 10/21/1984 (5-162)
31.4	DeSean Jackson, at Washington 10/6/2014 (5-157)
30.6	Derrick Alexander, vs. Kansas City 10/2/2000 (5-153)

TOUCHDOWNS

Most Touchdowns, Game

4	Roy Green, at St. Louis 11/13/1983
	Marcus Robinson, at Baltimore 11/23/2003
3	8 Times (Last: Antonio Gates, at San Diego 9/14/2014)

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Career

50	Dave Brown, 1976-86
42	Eugene Robinson, 1985-95
41	John Harris, 1978-85

Most Interceptions By, Season

10	John Harris, 1981
	Kenny Easley, 1984
9	Eugene Robinson, 1993
8	Dave Brown, 1984
	Darryl Williams, 1997
	Richard Sherman, 2012, 2013

Most Interceptions By, Rookie, Season

6	Tariq Woolen, 2022
5	Michael Boulware, 2004
	Earl Thomas, 2010
4	John Harris, 1978
	Richard Sherman, 2011

Most Interceptions By, Game

3	Kenny Easley, vs. San Diego 10/29/1984
	Eugene Robinson, at Pittsburgh 12/6/1992
	Darryl Williams, vs. San Diego 9/21/1997
	Lofa Tatupu, at Philadelphia 12/2/2007
	Marcus Trufant, vs. Arizona 12/9/2007

Most Consecutive Games, Passes Intercepted

4	Cornell Webser, 1978-79
	John Harris, 1980
	Dave Brown, 1983-84
	Kenny Easley, 1984
	Eugene Robinson, 1991
	Brandon Browner, 2011
	Tariq Woolen, 2022
3	By 9 Players (Last: Darryl Williams, 1997)

YARDS RETURNED

Most Yards Returned, Career

643	Dave Brown, 1976-86
586	Eugene Robinson, 1985-95
538	Kenny Easley, 1981-87

Most Yards Returned, Season

220	Brandon Browner, 2011
179	Dave Brown, 1984
172	Darryl Williams, 1997

Most Yards Returned, Game

148	Dave Brown, vs. Kansas City 11/4/1984
125	Kenny Easley, vs. Cleveland 12/20/1981
100	Lofa Tatupu, at Philadelphia 12/2/2007

Longest Return

98t	Bobby Wagner, vs. San Francisco 12/2/2018
97t	Devon Witherspoon, at N.Y. Giants 10/2/2023
94t	Brandon Browner, at N.Y. Giants 10/9/2011

TOUCHDOWNS

Most Touchdowns, Career

5	Dave Brown, 1976-86
3	Keith Simpson, 1978-85
	Kenny Easley, 1981-87
	Willie Williams, 1997-03
	Josh Wilson, 2007-10

Most Touchdowns, Season

2	10 Times (Last: Justin Coleman, 2017)

Most Touchdowns, Game

2	Dave Brown, vs. Kansas City 11/4/1984 (NFL record)

OPPONENT INDIVIDUAL RECORDS

INTERCEPTIONS

Most Interceptions By, Game

4	Deron Cherry, at Kansas City 9/29/1985 (NFL record)
3	Tony Greene, vs. Buffalo 10/30/1977
	Steve Wilson, at Denver 11/20/1983

YARDS RETURNED

Most Yards Returned, Game

115	Fred Marion, vs. New England 11/17/1985
103	Kamren Kinchens, vs. L.A. Rams 11/3/2024
102	Gary Barbaro, at Kansas City 12/11/1977

Longest Return

103t	Kamren Kinchens, vs. L.A. Rams 11/3/2024
102t	Gary Barbaro, at Kansas City 12/11/1977
90	Budda Baker, at Arizona 10/25/2020

TOUCHDOWNS

Most Touchdowns, Game

1	Many Times (Last: Kamren Kinchens, vs. L.A. Rams 11/3/2024)

INDIVIDUAL RECORDS - REGULAR SEASON

PUNTING

PUNTS

Most Punts, Career

770	Jon Ryan, 2008-17
554	Rick Tuten, 1991-97
504	Michael Dickson, 2018-

Most Punts, Season

108	Rick Tuten, 1992
95	Jeff West, 1984
	Jon Ryan, 2011
92	Jon Ryan, 2017

Most Punts, Rookie, Season

84	Ryan Plackemeier, 2006
80	Rick Engles, 1976
78	Michael Dickson, 2018

Most Punts, Game

12	Rick Tuten, vs. Denver 11/28/1993
11	By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

Longest Punt

77	Jon Ryan, at San Francisco 9/11/2011
74	Jon Ryan, at San Francisco 11/26/2017
73	Rick Tuten, at Buffalo 10/15/1995
	Jon Ryan, vs. Green Bay 9/24/2012
	Jon Ryan, at St. Louis 9/13/2015
	Michael Dickson, vs. L.A. Rams 9/10/2023

AVERAGE YARDAGE

Highest Average, Career (Min. 100 punts)

48.2	Michael Dickson, 2018- (504-24,281)
44.8	Jon Ryan, 2008-17 (770-34,492)
43.8	Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

50.0	Michael Dickson, 2023 (66-3,303)
49.6	Michael Dickson, 2020 (61-3,028)
49.4	Michael Dickson, 2024 (76-3756)

Highest Average, Rookie, Season

48.2	Michael Dickson, 2018 (78-3,759)
45.0	Ryan Plackemeier, 2006 (84-3,778)
40.0	Ruben Rodriguez, 1987 (47-1,880)

Highest Average, Game (Min. 4 punts)

61.3	Michael Dickson, vs. Buffalo 10/27/2024 (4-245)
60.0	Jon Ryan, vs. New England 10/14/2012 (4-240)
59.0	Michael Dickson, at Denver 9/9/2018 (6-354)
	Michael Dickson, vs. L.A. Rams 9/10/2023 (4-236)

AVERAGE NET YARDAGE

Highest Net Average, Career (Min. 100 punts)

42.9	Michael Dickson, 2018- (504-21,688)
38.7	Jon Ryan, 2008-17 (775-30,018)
36.8	Rick Tuten, 1991-97 (556-20,460)

Highest Net Average, Season

44.4	Michael Dickson, 2020, 2022
44.1	Michael Dickson, 2023
43.3	Michael Dickson, 2024

Highest Net Average, Game (Min. 4 punts)

57.5	Michael Dickson, at Denver 9/9/2018 (6-345)
50.6	Michael Dickson, at Buccaneers 11/13/2022 (5-253)
50.0	Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)
	Michael Dickson, vs. Philadelphia Eagles 12/18/2023 (5-250)

INSIDE THE 20

Most Punts Inside the 20, Career

276	Jon Ryan, 2008-17
212	Michael Dickson, 2018-
147	Rick Tuten, 1991-97

Most Punts Inside the 20, Season

40	Michael Dickson, 2021
34	Jeff Feagles, 1999
	Jon Ryan, 2011
	Michael Dickson, 2019
33	Rick Tuten, 1994

Most Punts Inside the 20, Game

6	Rick Tuten, vs. Minnesota 11/10/1996
	Jeff Feagles, vs. Kansas City 12/26/1999
	Jeff Feagles, at N.Y. Giants 12/23/2001
	Jon Ryan, vs. San Francisco 12/6/2009
	Jon Ryan, at Chicago 10/17/2010
	Jon Ryan, at Miami 11/25/2012
5	10 Times (Last: Michael Dickson, at Philadelphia 11/24/2019)

TOUCHBACKS

Most Touchbacks, Career

60	Jon Ryan, 2008-17
46	Michael Dickson, 2018-
45	Rick Tuten, 1991-97

Most Touchbacks, Season

15	Ryan Plackemeier, 2006
12	Jeff Feagles, 1998
	Jon Ryan, 2008
10	Jeff West, 1983
	Jeff West, 1984
	Michael Dickson, 2021

Most Touchbacks, Game

3	By 6 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

HAD BLOCKED

Most Punts Had Blocked, Career

6	Herman Weaver, 1977-80
5	Jon Ryan, 2008-17
3	Rick Engles, 1976-77

Most Punts Had Blocked, Season

3	Herman Weaver, 1979
2	5 Times (Last: Jon Ryan, 2013)

Most Punts Had Blocked, Game

2	Herman Weaver, vs. Kansas City 9/30/1979
1	Many Times (Last: Michael Dickson, vs. Arizona 12/30/2018)

OPPONENT INDIVIDUAL RECORDS

PUNTS

Most Punts, Game

11	Chris Norman, at Denver 10/20/1985 (OT)
	Ruben Rodriguez, vs. Denver 11/30/1992 (OT)
10	7 Times (Last: Pat O'Donnell, vs. Chicago 9/27/2015)

Longest Punt

80	Donnie Jones, vs. St. Louis 10/21/2007
73	Bradley Pinion, vs. Atlanta 9/25/2022
72	Pat O'Donnell, vs. Chicago 9/27/2015

AVERAGE YARDAGE

Highest Average Punting, Game (Min. 4 punts)

59.6	Andy Lee, at San Francisco 9/11/2011 (5-298)
57.0	Bryce Baringer, at New England 9/15/2024 (6-342)
56.8	Brett Kern, at Tennessee 9/24/2017 (6-1341)

INSIDE THE 20

Most Punts Inside the 20, Game

6	Johnny Hekker, at L.A. Rams 9/18/2016
5	Mat McBriar, vs. Dallas 10/23/2005
	Tory Taylor, at Chicago 12/26/2024
4	Many Times, (Last: Ryan Wright vs. Minnesota 12/22/2024)

TOUCHBACKS

Most Touchbacks, Game

3	Many Times (Last: Andy Lee, at San Francisco 9/30/2007)

HAD BLOCKED

Most Punts Had Blocked, Game

2	John Kidd, vs. Buffalo 10/14/1984
	Rich Camarillo, at New England 9/21/1986
1	Many Times (Last: Ty Zentner, vs. L.A. Rams 11/3/2024)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

145	Tyler Lockett, 2015-
125	Nate Burleson, 2006-09
104	Leon Washington, 2010-12

Most Punt Returns, Season

58	Nate Burleson, 2007
51	Golden Tate, 2013
41	Will Lewis, 1980
	Leon Washington, 2011
	Leon Washington, 2012

Most Punt Returns, Rookie, Season

41	Will Lewis, 1980
40	Tyler Lockett, 2015
36	Joey Galloway, 1995

Most Punt Returns, Game

7	Walter Packer, vs. N.Y. Jets 11/13/1977
	Nate Burleson, San Francisco 12/6/2009
	Leon Washington, at St. Louis 11/20/2011
	Golden Tate, at N.Y. Giants 12/15/2013
6	6 Times (Last: Leon Washington, at N.Y. Giants 10/9/2011)

FAIR CATCHES

Most Fair Catches, Career

102	Tyler Lockett, 2015-
70	Bobby Engram, 2001-07
60	Chris Warren, 1990-97

Most Fair Catches, Season

25	Chris Warren, 1992
23	Bobby Engram, 2002
	Bryan Walters, 2014
22	Bobby Engram, 2003
	Jimmy Williams, 2005
	Tyler Lockett, 2016
	Freddie Swain, 2021

Most Fair Catches, Game

6	Bryan Walters, at Arizona 12/21/2014
5	James Jefferson, vs. Denver 10/22/1989
	Chris Warren, vs. Pittsburgh 10/20/1991
	Chris Warren, vs. Denver 11/30/1992 (OT)
	Charlie Rogers, vs. Buffalo 10/24/1999
	Jimmy Williams, vs. Dallas 10/23/2005
	Tyler Lockett, at San Francisco 11/26/2017

YARDS GAINED

Most Yards Gained, Career

1,288	Nate Burleson, 2006-09
1,078	Tyler Lockett, 2015-
1,069	Leon Washington, 2010-12

Most Yards Gained, Season

658	Nate Burleson, 2007
585	Golden Tate, 2013
464	Leon Washington, 2011

Most Yards Gained, Rookie, Season

419	Bobby Joe Edmonds, 1986
379	Tyler Lockett, 2015
360	Joey Galloway, 1995

Most Yards Gained, Game

139	Tyler Lockett, at Arizona 1/3/2016
106	Charlie Rogers, at Pittsburgh 9/26/1999
105	Joey Galloway, vs. N.Y. Giants 11/5/1995

INDIVIDUAL RECORDS - REGULAR SEASON

Longest Punt Return

94t	Charlie Rogers, at Pittsburgh 9/26/1999
	Nate Burleson, at Cleveland 11/4/2007
90t	Nate Burleson, vs. St. Louis 11/12/2006
89t	Joey Galloway, vs. N.Y. Giants 11/5/1995

AVERAGE YARDAGE

Highest Average, Career (Min. 50 ret.)

12.7	Charlie Rogers, 1999-01 (73-925)
11.6	Golden Tate, 2010-13 (68-787)
11.4	Paul Johns, 1981-84 (74-843)

Highest Average, Season (Min. 1 ret. per game)

14.5	Charlie Rogers, 1999 (22-318)
14.0	Charlie Rogers, 2000 (26-363)
12.6	Golden Tate, 2010 (16-202)

Highest Average, Rookie, Season (Qualifiers)

14.5	Charlie Rogers, 1999 (22-318)
12.6	Golden Tate, 2010 (16-202)
12.3	Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Min. 3 ret.)

34.8	Tyler Lockett, at Arizona 1/3/2016 (4-139)
32.0	Paul Johns, vs. L.A. Raiders 10/16/1983 (3-96)
31.7	Nate Burleson, vs. St. Louis 11/12/2006 (3-95)

TOUCHDOWNS

Most Touchdowns, Career

4	Joey Galloway, 1995-98
2	Paul Johns, 1981-84
	Bobby Engram, 2001-07
	Nate Burleson, 2006-07

Most Touchdowns, Season

2	Joey Galloway, 1998
1	13 Times (Last: Tyler Lockett, 2015)

Most Touchdowns, Rookie, Season

1	Will Lewis, 1980
	Bobby Joe Edmonds, 1986
	Joey Galloway, 1995
	Charlie Rogers, 1999
	Tyler Lockett, 2015

Most Touchdowns, Game

1	By 15 Times (Last: Tyler Lockett, at St. Louis 9/13/2015)

OPPONENT INDIVIDUAL RECORDS

PUNT RETURNS

Most Punt Returns, Game

8	Vai Sikahema, vs. Philadelphia 12/13/1992
7	Rolland Lawrence, vs. Atlanta 11/7/1976
	Pete Shaw, at N.Y. Giants 12/11/1983
	Brian Mitchell, vs. Philadelphia 9/23/2001
	Reno Mahe, at Philadelphia 12/5/2005
	Pharoh Cooper, vs. L.A. Rams 12/17/2017

FAIR CATCHES

Most Fair Catches, Game

6	Greg Pruitt, at L.A. Raiders 10/7/1984
	Patrick Peterson, vs. Arizona 12/22/2013
5	Greg Pruitt, vs. L.A. Raiders 11/12/1984
	Emile Harry, at Kansas City 11/9/1986

YARDS GAINED

Most Yards Gained, Game

184	Jermaine Lewis, at Baltimore 12/7/1997
133	Desmond Howard, at Oakland 11/15/1998
128	Pharoh Cooper, vs. L.A. Rams 12/17/2017

Longest Punt Return

91t	JoJo Townsell, vs. N.Y. Jets 11/9/1987
90t	Stedman Bailey, at St. Louis 10/19/2014
89t	Jermaine Lewis, at Baltimore 12/7/1997
	Jimmy Williams, at San Francisco 12/1/2002
	Devin Hester, at Chicago 10/17/2010

AVERAGE YARDAGE

Highest Average, Game (Min. 3 ret.)

36.8	Jermaine Lewis, at Baltimore 12/7/1997 (5-184)
32.7	David Meggett, at N.Y. Giants 11/19/1989 (3-98)
31.7	JoJo Townsell, at N.Y. Jets 11/9/1987 (3-95)

Most Touchdowns, Game

2	Jermaine Lewis, at Baltimore 12/7/1997
1	20 Times (Last: Deonte Harris, vs. New Orleans 9/22/2019)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

165	Steve Broussard, 1995-98
134	Charlie Rogers, 1999-2001
129	Maurice Morris, 2002-07

Most Kickoff Returns, Season

69	Josh Wilson, 2008
66	Charlie Rogers, 2000
59	Josh Scobey, 2005

Most Kickoff Returns, Game

8	Bobby Joe Edmonds, vs. L.A. Raiders 11/30/1987
	Josh Wilson, at N.Y. Giants 10/5/2008
7	By 15 Players (Last: Leon Washington, at Tampa Bay 12/26/2010)

YARDS GAINED

Most Yards Gained, Career

3,900	Steve Broussard, 1995-98
3,329	Leon Washington, 2010-12
3,214	Charlie Rogers, 1999-2001

Most Yards Gained, Season

1,753	Josh Wilson, 2008
1,629	Charlie Rogers, 2000
1,461	Leon Washington, 2010

Most Yards Gained, Rookie, Season

852	Tyler Lockett, 2015
829	Rufus Crawford, 1978
821	Maurice Morris, 2002

Most Yards Gained, Game

253	Leon Washington, vs. San Diego 9/26/2010
231	Maurice Morris, at St. Louis 10/20/2002
222	Leon Washington, at San Francisco 12/12/2010

Longest Kickoff Return

105t	Tyler Lockett, vs. Chicago 9/27/2015
101t	Leon Washington, vs. San Diego 9/26/2010
99t	Leon Washington, vs. San Diego 9/26/2010
	Tyler Lockett, vs. Arizona 12/31/2017

HIGHEST AVERAGE

Highest Average, Career (Min. 50 ret.)

26.2	Leon Washington, 2010-12 (127-3,329)
25.1	Tyler Lockett, 2015- (127-3,188)
25.0	Josh Wilson, 2007-08 (94-2,350)

Highest Average, Season (Min. 1 ret. per game)

29.0	Leon Washington, 2012 (27-784)
26.9	Steve Broussard, 1998 (29-781)
26.4	Tyler Lockett, 2016 (23-606)

Highest Average, Game (Min. 3 ret.)

63.3	Leon Washington, vs. San Diego 9/26/2010 (4-253)
47.3	Laviska Shenault Jr., vs. San Francisco 10/10/2024 (4-189)
44.3	Leon Washington, at Arizona 9/9/2012 (3-133)

TOUCHDOWNS

Most Touchdowns, Career

4	Leon Washington, 2010-12
2	Tyler Lockett, 2015-
1	By 10 players

Most Touchdowns, Season

3	Leon Washington, 2010
1	Zachary Dixon, 1983
	James Jefferson, 1989
	Jon Vaughn, 1994
	Steve Broussard, 1998
	Charlie Rogers, 2000
	Maurice Morris, 2002
	Nate Burleson, 2007
	Josh Wilson, 2007
	Leon Washington, 2012
	Tyler Lockett, 2015, 2017
	Travis Homer, 2021

Most Touchdowns, Rookie, Season

1	Maurice Morris, 2002
	Josh Wilson, 2007
	Tyler Lockett, 2015

Most Touchdowns, Game

2	Leon Washington, vs. San Diego 9/26/2010
1	By 11 Players (Last: Laviska Shenault Jr., vs. San Francisco 10/10/2024)

COMBINED KICK RETURNS

Most Combined Kick Returns, Career

272	Tyler Lockett, 2015- (145-P, 127-K)
231	Leon Washington, 2010-12 (104-P, 127-K)
207	Charlie Rogers, 1999-01 (73-P, 134-K)

Most Combined Kick Returns, Season

92	Charlie Rogers, 2000 (26-P, 66-K)
85	Nate Burleson, 2007 (58-P, 27-K)
84	Leon Washington, 2011 (41-P, 43-K)

Most Combined Kick Returns, Game

11	Bobby Joe Edmonds, at New England 9/21/1986 (5-P, 6-K)
10	By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/2006 [5-P, 5-K])

COMBINED YARDS GAINED

Most Yards Returned, Career

4,398	Leon Washington, 2010-12 (1,069-P, 3,329-K)
4,266	Tyler Lockett, 2015- (1,078-P, 3,188-K)
4,139	Charlie Rogers, 1999-01 (925-P, 3,214-K)

Most Yards Gained, Season

1,992	Charlie Rogers, 2000 (363-P, 1,629-K)
1,753	Josh Wilson, 2008 (0-P, 1,753-K)
1,710	Leon Washington, 2010 (249-P, 1,461-K)

Most Yards Returned, Game

253	Leon Washington, vs. San Diego 9/26/2010 (253-K)
231	Maurice Morris, vs. St. Louis 10/20/2002 (231-K)
230	Leon Washington, at San Francisco 12/12/2010 (222-K, 8-P)

COMBINED TOUCHDOWNS

Most Touchdowns, Career

4	Joey Galloway, 1995-98 (4-P)
	Leon Washington, 2010-12 (4-K)
3	Nate Burleson, 2006-09 (2-P, 1-K)
	Tyler Lockett, 2015- (1-P, 2-K)
2	Paul Johns, 1981-84 (2-P)
	Charlie Rogers, 1999-01 (1-P, 1-K)
	Bobby Engram, 2001-07 (2-P)

Most Touchdowns, Season

3	Leon Washington, 2010 (3-K)
2	Joey Galloway, 1998 (2-P)
	Nate Burleson, 2007 (1-P, 1-K)
	Tyler Lockett, 2015 (1-P, 1-K)

Most Touchdowns, Game

2	Leon Washington, vs. San Diego 9/26/2010
1	28 Times (Last: Laviska Shenault Jr., vs. San Francisco 10/10/2024)

INDIVIDUAL RECORDS - REGULAR SEASON

OPPONENT INDIVIDUAL RECORDS

KICKOFF RETURNS

Most Kickoff Returns, Game

10	Desmond Howard, vs. Oakland 10/26/1997
9	Paul Palmer, at Kansas City 9/20/1987
8	By 4 Players (Last: Derrick Williams, vs. Detroit 11/8/2009)

YARDS GAINED

Most Yards Gained, Game

223	Desmond Howard, vs. Oakland 10/26/1997
221	Paul Palmer, at Kansas City 9/20/1987
220	Terry Kirby, vs. Oakland 11/11/2001

Longest Kickoff Return

102t	Ted Ginn, at San Francisco 9/11/2011
101t	Cordarrelle Patterson, at Minnesota 12/6/2015
99t	Chris Johnson, at St. Louis 10/9/2005
	Tamarick Vanover, vs. Kansas City 9/3/1995
	Kene Nwangwu, at N.Y. Jets 12/1/2024

HIGHEST YARDAGE

Highest Average, Game (Min. 3 ret.)

52.3	Kene Nwangwu, at N.Y. Jets 12/1/2024 (3-157)
48.3	Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
44.3	Paul Palmer, at Kansas City 12/27/1987 (3-133)

TOUCHDOWNS

Most Touchdowns, Game

1	By 15 Players (Last: Kene Nwangwu, at N.Y. Jets 12/1/2024)

OPPONENT COMBINED KICK RETURNS

Most Combined Kick Returns, Game

11	Vai Sikahema, vs. Philadelphia 12/13/1992 (OT)(8-P, 3-K)
	Johnny Bailey, vs. Phoenix 12/19/1993 (OT)(4-P, 7-K)
	Desmond Howard, vs. Oakland 10/26/1997(1-P, 10-K)
	Tamarick Vanover, vs. Kansas City 12/26/1999 (5-P, 6-K)

COMBINED YARDS GAINED

Most Yards Returned, Game

275	Jermaine Lewis, vs. Baltimore 12/7/1997 (184-P, 91-K)
268	Ted Ginn, at San Francisco 9/11/2011 (92-P, 176-K)
228	Glyn Milburn, at Denver 12/10/1995 (95-P, 133-K)

TOUCHDOWNS

Most Touchdowns, Game

2	Jermaine Lewis, at Baltimore 12/7/1997
	Ted Ginn, at San Francisco 9/11/2011
1	32 Times (Last: Kene Nwangwu, at N.Y. Jets 12/1/2024)

FUMBLES

FUMBLES

Most Fumbles, Career

108	Dave Krieg, 1980-91
87	Russell Wilson, 2012-21
55	Matt Hasselbeck, 2001-10

Most Fumbles, Season

18	Dave Krieg, 1989
17	Jon Kitna, 2000
16	Dave Krieg, 1990

Most Fumbles, Game

6	Dave Krieg, vs. Kansas City 11/5/1989
5	Dave Krieg, vs. San Diego 11/25/1990 (OT)
4	By 3 Players (Last: Jon Kitna, vs. Buffalo 12/23/2000)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opp.

35	Russell Wilson, 2012-21 (34-own, 1-opp)
27	Dave Krieg, 1980-91 (27-own)
20	Jon Kitna, 1997-2000 (20-own)

Most Fumbles Recovered, Season, Own and Opp.

9	Dave Krieg, 1989 (9-own)
	Jon Kitna, 2000 (9-own)
6	Jon Kitna, 1999 (6-own)
	Russell Wilson, 2014 (6-own)
	Russell Wilson, 2017 (6-own)
	Geno Smith, 2024 (6-own)

Most Fumbles Recovered, Game, Own and Opp.

3	Dave Krieg, vs. Chicago 12/20/1987 (3-own)
	Dave Krieg, vs. Kansas City 11/5/1989 (3-own)
	Darryl Williams, vs. Kansas City 10/4/1998 (3-opp)
	Jon Kitna, vs. Jacksonville 11/12/2000 (3-own)
	Matt Hasselbeck, vs. Houston 12/13/2009 (3-own)
	Russell Wilson, at Tennessee 9/24/2017 (3-own)

OWN FUMBLES RECOVERED

Most Own Fumbles Recovered, Career

34	Russell Wilson, 2012-21
27	Dave Krieg, 1980-91
20	John Kitna, 1997-2000

Most Own Fumbles Recovered, Season

9	Dave Krieg, 1989
	Jon Kitna, 2000
6	Jon Kitna, 1999
	Russell Wilson, 2014
	Russell Wilson, 2017
	Geno Smith, 2024

Most Own Fumbles Recovered, Game

3	Dave Krieg, vs. Chicago 12/20/1987
	Dave Krieg, vs. Kansas City 11/5/1989
	Jon Kitna, vs. Jacksonville 11/12/2000
	Matt Hasselbeck, vs. Houston 12/13/2009
	Russell Wilson, at Tennessee 9/24/2017

DEFENSE - FORCED FUMBLES

Most Forced Fumbles, Career

28	Jacob Green, 1980-91
25	Michael Sinclair, 1991-2001
14	Rufus Porter, 1988-94
13	Joe Nash, 1982-96
	Bruce Scholtz, 1982-88
	Cortez Kennedy, 1990-00
	Cliff Avril, 2013-17

Most Forced Fumbles, Season

7	Jacob Green, 1985
	Michael Sinclair, 1998
6	By 3 Players (Last: Michael Sinclair, 1997)

DEFENSE - FUMBLES RECOVERED

Most Fumbles Recovered, Career

17	Jacob Green, 1980-91
14	Eugene Robinson, 1985-95
13	Chad Brown, 1997-2004

Most Fumbles Recovered, Season

5	Nesby Glasgow, 1989
4	Many Times (Last: Michael Sinclair, 2000)

Most Fumbles Recovered, Game

3	Darryl Williams, at Kansas City 10/4/1998
2	18 Times (Last: Red Bryant, vs. San Diego 9/26/2010)

DEFENSE - FUMBLE RETURN YARDS

Longest Fumble Return

102t	Rayshawn Jenkins, vs. N.Y. Giants 10/6/2024
83t	Antonio Edwards, at Denver 12/10/1995
79t	Jacob Green, vs. N.Y. Jets 10/27/1985
	Nick Reed, vs. Jacksonville 10/11/2009

TOUCHDOWNS

Most Touchdowns, Career (Total)

3	Chad Brown, 1997 (3-opp)
	Bobby Wagner, 2012- (3-opp)
2	Jacob Green, 1980-91 (2-opp)
	Shelton Robinson, 1982-85 (2-opp)
	Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

2	Shelton Robinson, 1983 (2-opp)
	Chad Brown, 1997 (2-opp)
	Bobby Wagner, 2015 (2-opp)

Most Touchdowns, Game (Total)

1	Many Times (Last: Derick Hall, at Atlanta 10/20/2024)

OPPONENT INDIVIDUAL RECORDS

FUMBLES

Most Fumbles, Game

5	Dave Walter, vs. Cincinnati 10/11/1987
4	4 Times (Last: Kurt Warner, vs. Arizona 9/17/2006)

FORCED FUMBLES

Most Forced Fumbles, Game

2	Many Times (Last: K'Waun Williams, at San Francisco 11/11/2019)

FUMBLES RECOVERED

Most Fumbles Recovered, Game

2	Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

Most Own Fumbles Recovered, Game

3	Craig Erickson, at Miami 10/6/1996
	Kurt Warner, vs. Arizona 9/17/2006
	Colt McCoy, vs. Arizona 11/22/2021
2	Many Times

FUMBLE RETURN YARDS

Longest Fumble Return

89t	Victor Adeyanju, vs. St. Louis 11/12/2006
86t	Derrick Thomas, vs. Kansas City 12/5/1993
77t	Jason McCourty, vs. Tennessee 10/13/2013

TOUCHDOWNS

Most Touchdowns, Game

1	Many Times (Last: Chris Banjo, vs. Arizona 10/16/2022)

COMBINED NET YARDS

YARDS GAINED VIA RUSHING,RECEIVING, INTERCEPTION RETURNS, PUNT RETURNS, KICKOFF RETURNS, AND FUMBLE RETURNS

ATTEMPTS

Most Attempts, Career

2,403	Shaun Alexander, 2000-07
1,943	Chris Warren, 1990-97
1,855	Curt Warner, 1983-89

Most Attempts, Season

385	Shaun Alexander, 2005
379	Curt Warner, 1983
378	Shaun Alexander, 2004

Most Attempts, Rookie, Season

379	Curt Warner, 1983
228	Kenneth Walker III, 2022
162	John L. Williams, 1986

Most Attempts, Game

40	Shaun Alexander, vs. Green Bay 11/27/2006
37	Shaun Alexander, vs. Oakland 11/11/2001
	Marshawn Lynch, vs. Baltimore 11/13/2011
36	Chris Warren, at New England 9/19/1993
	Shaun Alexander, vs. Oakland 11/11/2001

INDIVIDUAL RECORDS - REGULAR SEASON

YARDS GAINED

Most Yards Gained, Career

13,396	Steve Largent, 1976-89
13,125	Tyler Lockett, 2015-
10,940	Shaun Alexander, 2000-07

Most Yards Gained, Season

1,992	Charlie Rogers, 2000
1,958	Shaun Alexander, 2005
1,946	Nate Burleson, 2007

Most Yards Gained, Rookie, Season

1,915	Tyler Lockett, 2015
1,774	Curt Warner, 1983
1,583	Joey Galloway, 1995

Most Yards Gained, Game

281	Shaun Alexander, vs. Oakland 11/11/2001
264	Maurice Morris, vs. St. Louis 10/20/2002
261	Steve Largent, vs. Detroit 10/18/1987

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

42	Earl Campbell, at Houston 10/11/1981
41	Larry Johnson, at Kansas City 10/29/2006
	David Jonson, at Arizona 10/23/2016 (OT)
39	Barry Foster, at Pittsburgh 12/6/1992
	Edgerrin James, vs. Indianapolis 10/15/2000
	Marshall Faulk, at St. Louis 10/20/2002
	Chris Johnson, vs. Tennessee 1/3/2010

YARDS GAINED

Most Yards Gained, Game

404	Glyn Milburn, at Denver 12/10/1995 (NFL record)
308	Jermaine Lewis, vs. Baltimore 12/7/1997
307	Priest Holmes, vs. Kansas City 11/24/2002

TACKLES

Most Tackles, Career

1,564	Bobby Wagner, 2012-21, 2023-
984	Eugene Robinson, 1985-95
934	K.J. Wright, 2011-20

Most Tackles, Season

183	Jordyn Brooks, 2021
	Bobby Wagner, 2023
170	Bobby Wagner, 2021
167	Bobby Wagner, 2016

Most Tackles, Game

20	Bobby Wagner, vs. Tennessee 9/20/2021
	Jordyn Brooks, at Arizona 1/9/2022
19	Bobby Wagner, vs. New Orleans 9/22/2019
18	Terry Beeson, vs. Houston 11/20/1977
	Sammy Green, vs. Minnesota 10/8/1978
	Bobby Wagner, vs. L.A. Rams 9/10/2023

OPPONENT INDIVIDUAL RECORDS

TACKLES

Most Tackles, Game

19	Randy Gradishar, vs. Denver 10/29/1978
	Paul Worrilow, at Atlanta 11/10/2013
18	Budda Baker, at Arizona 12/8/2024
16	7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/2012)

SACKS

Most Sacks, Career

*97.5	Jacob Green, 1980-91
73.5	Michael Sinclair, 1991-2001
63.0	Jeff Bryant, 1982-93

*Unofficially 116.0. Sacks did not become official until 1982.

Most Sacks, Season

16.5	Michael Sinclair, 1998
16.0	Jacob Green, 1983
14.5	Jeff Bryant, 1984
	Patrick Kerney, 2007

Most Sacks, Game

4.0	Jacob Green, vs. N.Y. Giants 10/19/1986
	Michael Sinclair, vs. Denver 9/8/1996
	Michael McCrary, at Oakland 12/22/1996
	Darryl Tapp, vs. St. Louis 10/21/2007
	Chris Clemons, vs. Green Bay 9/24/2012

OPPONENT INDIVIDUAL RECORDS

SACKS

Most Sacks, Game

7.0	Derrick Thomas, at Kansas City 11/11/1990 (NFL record)
4.0	By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/1995)

BLOCKED KICKS

BLOCKED PUNTS

Most Blocked Punts, Career

3	Kerry Justin, 1978-83, 1986-87
2	By 5 Players

Most Blocked Punts, Season

2	By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

1	34 Times (Last: Cody White, vs. L.A. Rams 11/3/2024)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

8	Joe Nash, 1982-96
	Craig Terrill, 2004-10
4	Red Bryant, 2008-12
2	By 5 Players (Last: Rasheem Green, 2018-21)

Most Blocked Field Goals, Season

3	Joe Nash, 1989
	Craig Terrill, 2010
	Red Bryant, 2011
2	Mike White, 1982
	Joe Nash, 1984
	Craig Terrill, 2006
	Rasheem Green, 2019

Most Blocked Field Goals, Game

2	Red Bryant, at Cleveland 10/23/2011
1	Many Times (Last: Julian Love, vs. New England 9/15/2024)

BLOCKED PATS

Most Blocked PATs, Career

3	Mike White, 1981-82
2	By 3 Players

Most Blocked PATs, Season

2	Mike White, 1981
1	By 14 Players (Last: Rasheem Green, 2021)

Most Blocked PATs, Game

1	15 Times (Last: Leonard Williams, at N.Y. Jets 12/1/2024)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

10	Joe Nash, 1982-96 (8 FG, 2 PAT)
8	Craig Terrill, 2004-10 (8 FG)
5	Mike White, 1981-82 (2 FG, 3 PAT)
	Jeff Bryant, 1982-93 (3 FG, 2 PAT)
	Red Bryant, 2008-12 (4 FG, 1 PAT)

Most Blocked Kicks, Season

4	Red Bryant, 2011 (3 FG, 1 PAT)
3	Mike White, 1982 (2 FG, 1 PAT)
	Joe Nash, 1989 (3 FG)
	Craig Terrill, 2010 (3 FG)
2	By 5 Players (Last: Rasheem Green, 2019)

Most Blocked Kicks, Game

2	Red Bryant, at Cleveland 10/23/2011
	Red Bryant, vs. Washington 11/27/2011
1	Many Times (Last: Leonard Williams, at N.Y. Jets 12/1/2024)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

32	Jessie Green, vs. N.Y. Jets 10/19/1980
26	Steve Raible, vs. Green Bay 10/10/1976
25t	Mike Morgan, vs. Dallas 10/12/2014

Longest Return of Blocked Field Goal

90t	Richard Sherman, vs. San Francisco 12/23/2012
86t	Michael Jackson, at San Francisco 09/18/2022
62	Paul Moyer, vs. Cleveland 10/9/1988
62t	Vernon Dean, vs. L.A. Rams 10/23/1988

OPPONENT INDIVIDUAL RECORDS

BLOCKED PUNTS

Most Blocked Punts, Game

1	Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Game

1	Many Times (Last: Isaiah Simmons, vs. N.Y. Giants 10/6/2024)

BLOCKED PATS

Most Blocked PATs, Game

1	Many Times (Last: Quinnen Williams, at N.Y. Jets 12/1/2024)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Game

1	Many Times (Last: Quinnen Williams, vs. N.Y. Jets 12/1/2024)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

28t	Andre King, vs. Cleveland 11/30/2003
23	Frank Duncan, vs. San Diego 9/7/1980
16t	Ed Reed, at Baltimore 11/23/2003

Longest Return of Blocked Field Goal

61t	Delano Howell, at Indianapolis 10/6/2013
58t	Dave Waymer, vs. New Orleans 10/16/1988

Touchdowns with Blocked Kick Recovery

1	Dave Waymer, vs. New Orleans 10/16/1988 (FG, 58 yds)
	Albert Lewis, at Kansas City 1/2/1994 (punt, 0 yds)
	Ed Reed, at Baltimore 11/23/2003 (punt, 16 yds)
	Andre King, vs. Cleveland 11/30/2003 (punt, 28 yds)
	Delano Howell, at Indianapolis 10/6/2013 (FG, 61 yds)
	Brice Butler, vs. Oakland 11/2/2014 (punt, 0 yds)
	Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)

SAFETIES

SAFETIES

Most Safeties, Career

2	Rod Stephens, 1989-94
1	Many Times

Most Safeties, Season

2	Rod Stephens, 1993 (NFL record)
1	By Many Players (Last: Dre'Mont Jones, 2024)

Most Safeties, Game

1	By Many Players (Last: Dre'Mont Jones, vs. Detroit Lions 9/30/2024)

OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1	Many Times (Last: Zach Allen and Jonathon Cooper, vs. Denver Broncos 9/8/24)

TEAM RECORDS - REGULAR SEASON

ATTENDANCE

Largest Single-Season Regular-Season Home Totals

619,419	2022 (68,832 - 9 games)
617,945	2024 (68,661 - 9 games)
552,588	2016 (69,074 - 8 games)

Largest Single-Game Regular-Season - Lumen Field (2002-)

69,190	vs. Philadelphia 11/20/2016
69,162	vs. San Francisco 12/29/2019
69,104	vs. Carolina 12/4/2016

Largest Single-Game Regular-Season - Kingdome (1976-99)

66,400	vs. Oakland 10/3/1999
66,332	vs. Kansas City 12/26/1999
66,318	vs. San Diego 12/12/1999

Largest Single-Game Regular-Season - Husky Stadium (2000-01)

68,681	vs. Oakland 12/16/2000
68,661	vs. Denver 11/26/2000
67,231	vs. Oakland 11/11/2001

Largest Single-Game Regular - Season Road Attendance

93,367	at Dallas 11/30/2023
92,150	at Dallas 12/24/2017
91,486	at Dallas 11/1/2015

GAMES WON-LOST

GAMES WON

Most Games Won, Season

13	2005, 2013
12	1984, 2014, 2020
11	2012, 2019

Most Consecutive Games Won

11	2005
9	2012-13
8	1984

Most Consecutive Games Without Defeat

11	2005
9	2012-13
8	1984

Most Consecutive Games Won, One Season

11	2005
8	1984
7	2013

Most Consecutive Games Won, Start of Season

5	2020
4	2013
3	1986, 1998, 2003, 2004, 2006, 2024

Most Consecutive Games Won, End of Season

6	2014
5	1986, 2012
4	2020

Most Consecutive Home Games Won

14	2012-13
12	2004-06
10	2002-04

Most Consecutive Road Games Won

6	2019, 2024
5	1979-80, 2005, 2015
4	1984, 2012-13, 2017, 2020-21

Most Shutout Games Won or Tied, Season

3	1984
2	1986, 2009
1	12 Times (Last: 2015)

Most Consecutive Shutout Games Won or Tied, Season

2	1984
1	17 Times (Last: 2015)

Most Consecutive Overtime Games Won, Season

2	1990, 2019 (Ties NFL record)

GAMES LOST

Most Games Lost, Season

14	1992
12	1976, 1980, 2008
11	2009

Most Consecutive Games Lost

10	1980-81
9	1976-77
8	1992

Most Consecutive Games Lost, One Season

9	1980
8	1992
6	1994, 2008

Most Consecutive Games Lost, Start of Season

5	1976
4	1977
3	1990, 1996, 2002

Most Consecutive Games Lost, End of Season

9	1980
5	1976
4	1992, 2009

Most Consecutive Home Games Lost

8	1980
5	1992, 2008
4	1976, 1976-77, 2024

Most Consecutive Road Games Lost

8	1976-77, 1980-81
7	1992-93
6	2003, 2008-09

Most Shutout Games Lost or Tied, Season

2	1992
1	10 Times (Last: 2021)

Most Consecutive Shutout Games, Lost or Tied, Season

2	1992
1	10 Times (Last: 2021)

Most Consecutive Overtime Games Lost, Season

1	25 Times (Last: 2022)

SCORING

POINTS

Most Points, Season

459	2020
452	2005
428	2018

Fewest Points, Season

127	1982 (9 games)
140	1992 (NFL record for 16-game season)
229	1976 (14 games)

Most Points, Game

58	vs. Arizona 12/9/2012
56	vs. Buffalo 10/30/1977
51	vs. Kansas City 11/27/1983 (OT)
	vs. Detroit 1/2/2022

Fewest Points, Game

0	12 Times (Last: at Green Bay 11/14/2021)

Most Points, Both Teams, Game

99	Seattle (51) vs. Kansas City (48) 11/27/1983 (OT)
93	Seattle (48) at Detroit (45) 10/2/2022
85	Seattle (41) at Baltimore (44) 11/23/2003 (OT)
	Seattle (41) at Atlanta (44) 12/30/2007

Fewest Points, Both Teams, Game

9	Seattle (3) at Cleveland (6) 10/23/2011
	Seattle (6) at Chicago (3) 12/26/2024
12	Seattle (3) at L.A. Rams (9) 9/18/2016
	Seattle (6) at Arizona (6) 10/23/2016
14	Seattle (14) vs. Washington (0) 9/28/1980

Most Points, Shutout Victory, Game

58	vs. Arizona 12/9/2012
45	vs. Kansas City 11/4/1984
42	at Philadelphia 12/5/2005

Fewest Points, Shutout Victory, Game

14	vs. Washington 9/28/1980
16	vs. Pittsburgh 11/28/1982
	vs. Oakland 11/6/2006
17	vs. N.Y. Jets 11/13/1977

Most Points Overcome to Win Game

21	vs. Tampa Bay 11/3/2013 (Trailed 21-0, Won 27-24 in OT)
20	at Denver 12/10/1995 (Trailed 20-0, Won 31-27)
18	vs. Pittsburgh 11/8/1981 (Trailed 21-3, Won 24-21)
	at Oakland 12/14/1997 (Trailed 21-3, Won 22-21)

Most Points, One Quarter

31	vs. Minnesota, 9/29/2002 (2nd)
28	5 Times (Last: vs. Arizona 12/9/2012 [2nd])

Most Points, Each Quarter

1st:	21, vs. Cincinnati 9/6/1981
	vs. Detroit 10/18/1987
	vs. N.Y. Giants 11/5/1995
	vs. N.Y. Giants 9/24/2006
2nd:	31, vs. Minnesota 9/29/2002
	28, vs. Buffalo 10/30/1977
	vs. Kansas City 11/4/1984
	vs. Kansas City 9/11/1988
	vs. Arizona 12/9/2012
3rd:	28, vs. San Diego 9/15/1985
	22, vs. Indianapolis 10/1/2017
	21, vs. Chicago 9/23/1984
	vs. Carolina 12/5/2010
	vs. Minnesota 10/11/2020
4th:	24, vs. New England 9/21/1986
	22, vs. Dallas 12/6/2004
	21, vs. Detroit 9/24/1978
	at Denver 12/10/1995
	at San Diego 12/29/2002
	vs. N.Y. Giants 11/9/2014
	at Arizona 12/21/2014
	vs. Arizona 12/24/2016
OT:	6, at Atlanta 12/15/2002
	at Chicago 12/2/2012
	vs. Denver 9/21/2014
	vs. Tampa Bay 11/3/2019
	at Detroit 9/17/2023
	3, 11 Times (Last: vs. L.A. Rams 1/8/2023)

GAMES

Most Consecutive Games Scoring

166	2011-21
121	1992-99
115	2000-07

TOUCHDOWNS

Most Touchdowns, Season

57	2005
55	2020
52	2018

Fewest Touchdowns, Season

14	1982 (9 games)
	1992
28	1989

Most Touchdowns, Game

8	vs. Buffalo 10/30/1977
7	vs. San Diego 9/15/1985
	vs. Arizona 12/9/2012
6	19 Times (Last: at Detroit 10/2/2022)

TEAM RECORDS - REGULAR SEASON

Most Touchdowns, Both Teams, Game

13 Seattle (6) vs. Kansas City (7) 11/27/1983 (OT)
12 Seattle (7) vs. San Diego (5) 9/15/1985
Seattle (6) at Detroit (6) 10/2/2022
10 10 Times (Last: Seattle [4] vs. Detroit [6] 9/30/2024)

Most Consecutive Games Scoring Touchdowns

71 2017-21
58 2012-16
48 1982-85

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season

56 2005
50 1984
49 1983, 2020

Fewest Points After Touchdown, Season

13 1982 (9 games)
14 1992
25 1994

Most Points After Touchdown, Game

8 vs. Buffalo 10/30/1977
7 vs. San Diego 9/15/1985
vs. Arizona 12/9/2012
6 15 Times (Last: at Detroit 10/2/2022)

Most Points After Touchdown, Both Teams, Game

12 Seattle (6) vs. Kansas City (6) 11/27/1983 (OT)
10 5 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

TWO-POINT CONVERSIONS (ADOPTED IN 1994)

Most Two-Point Conversion Attempts, Season

6 1994, 1996, 1997
5 2015, 2017
4 1998, 2000

Most Two-Point Conversion Attempts, Game

2 at Kansas City 10/23/1994
vs. San Diego 10/22/1995
vs. Oakland 10/26/1997
vs. Oakland 12/16/2000
vs. Arizona 11/15/2015
vs. Pittsburgh 11/29/2015
vs. Washington 11/5/2017

Most Two-Point Conversions Made, Season

4 1994, 1996
2 1998, 2004, 2010, 2017, 2023

Most Two-Point Conversions Made, Game

2 at Kansas City 10/23/1994
1 Many Times

FIELD GOALS

Most Field Goals Attempted, Season

42 2023
40 1999
37 2014, 2016, 2022

Fewest Field Goals Attempted, Season

14 1982 (9 games)
16 1976
18 1977

Most Field Goals Attempted, Game

6 vs. Kansas City 9/20/1987
vs. Pittsburgh 9/26/1999
vs. San Diego 12/12/1999
vs. Chicago 9/27/2009
at Arizona 11/14/2010
5 14 Times (Last: vs. Washington 11/12/2023)

Most Field Goals Attempted, Both Teams, Game

10 Seattle (6) vs. San Diego (4) 12/12/1999
9 at Seattle (5) vs. Houston (4) 11/3/1996

Most Field Goals, Season

35 2023
34 1999, 2022
33 2013, 2016

Fewest Field Goals, Season

9 1976, 1977
10 1982 (9 games)

Most Field Goals, Game

5 vs. Kansas City 9/20/1987
vs. L.A. Raiders 12/18/1988
vs. Pittsburgh 9/26/1999
vs. Arizona 10/24/2010
at Arizona 11/14/2010
vs. Baltimore 11/13/2011
vs. Carolina 9/24/2023
vs. Washington 11/12/2023
4 Many Times

Most Field Goals, Both Teams, Game

8 Seattle (5) vs. L.A. Raiders (3) 12/18/1988
7 12 Times (Last: Seattle [5] vs. Washington [2] 11/12/2023)

Most Consecutive Games Scoring Field Goals

26 2022-23
21 2015-17
19 2002-03, 2015-16

SAFETIES

Most Safeties, Season

4 1993 (Ties NFL record)
3 2020
2 2013, 2017

Most Safeties, Game

1 Many Times (Last: at Detroit 9/30/2024)

Most Safeties, Both Teams, Game

2 Seattle (0) vs. Denver (2) 1/2/1983
Seattle (1) vs. Cleveland (1) 11/14/1993
Seattle (0) vs. Denver (2) 09/08/2024
1 Many Times (Last: Seattle [1] vs. SF [0] 12/5/2021)

POINTS ALLOWED

Most Points Allowed, Season

429 1976
408 1980
407 2010

Fewest Points Allowed, Season

147 1982 (9 games)
231 2013 (Led NFL)
245 2012 (Led NFL)
254 2014 (Led NFL)

Most Points Allowed, Game

51 vs. New Orleans 11/21/1976
at Dallas 11/27/1980
48 vs. Kansas City 11/27/1983 (OT)
at Green Bay 12/27/2009
42 at Detroit 9/30/2024

Fewest Points Allowed, Game

0 19 Times (Last: vs. Chicago 9/27/2015)

TOUCHDOWNS ALLOWED

Fewest Touchdowns Allowed, Season

18 1982 (9 games)
22 2013
24 2005
25 1991, 2012

Most Touchdowns Allowed, Season

53 1976
48 1983
47 1980, 2010, 2019

Fewest Touchdowns Allowed, Game

0 Many Times

Most Touchdowns Allowed, Game

7 at Dallas 11/27/1980
vs. Kansas City 11/27/1983 (OT)
6 9 Times (Last: at Detroit 9/30/2024)

FIRST DOWNS

FIRST DOWNS MADE

Most Seasons Leading League

1 1978

Most First Downs, Season

361 2005
356 2020
347 2002

Fewest First Downs, Season

159 1982 (9 games)
208 1992
238 1976

Most First Downs, Game

38 at Detroit 9/30/2024
34 vs. San Diego 11/22/1987
at San Diego 12/29/2002 (OT)
33 vs. Kansas City 11/27/1983 (OT)
at Arizona 10/25/2020 (OT)

Fewest First Downs, Game

1 vs. L.A. Rams 11/4/1979
2 vs. New England 12/4/1988
6 4 Times (Last: at Baltimore 11/5/2023)

Most First Downs, Both Teams, Game

64 vs. Kansas City 11/24/2002 (Sea-32, KC-32)
at Arizona 10/25/2020 (Sea-33, Ari-31) OT
62 vs. San Diego 9/15/1985 (Sea-30, SD-32)
59 at Detroit 9/30/2024 (Sea-38, Det-21)

BY RUSHING

Most First Downs, Rushing, Season

150 1978
144 2014
142 2005

Fewest First Downs, Rushing, Season

51 1982 (9 games)
65 1999
75 1976

Most First Downs, Rushing, Game

19 vs. San Diego 11/22/1987
vs. Houston 10/16/2005
vs. N.Y. Giants 11/9/2014
18 vs. Kansas City 11/27/1983 (OT)

Fewest First Downs, Rushing, Game

0 at L.A. Rams 10/31/1976
vs. L.A. Rams 11/4/1979
vs. New England 12/4/1988
vs. L.A. Raiders 10/18/1992
vs. Arizona 10/18/2009

BY PASSING

Most First Downs, Passing, Season

224 2019
216 2020
211 2024

Fewest First Downs, Passing, Season

89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game

23 vs. Tampa Bay 11/3/2019
22 at Cleveland 11/4/2007
at Detroit 9/30/2024
21 vs. Denver 11/20/1983
vs. Kansas City 11/24/2002
vs. New Orleans 10/14/2007
at Arizona 10/25/2020

Fewest First Downs, Passing, Game

1 vs. L.A. Rams 11/4/1979
vs. Oakland 12/22/1996
2 6 Times (Last: vs. Philadelphia 11/2/2008)

TEAM RECORDS - REGULAR SEASON

BY PENALTY

Most First Downs, Penalty, Season

40	2018
39	1978
35	2002, 2023

Fewest First Downs, Penalty, Season

10	1986
14	1991
15	2000

Most First Downs, Penalty, Game

7	vs. Denver 09/12/2022
6	vs. N.Y. Jets 09/17/1978
	vs. San Diego 01/16/1981
	vs. San Diego 09/18/1994
	vs. San Francisco 12/2/2018
	at Detroit 9/30/2024

FIRST DOWNS ALLOWED

Most First Downs Allowed, Season

400	2021
380	2023
376	2020

Fewest First Downs Allowed, Season

167	1982 (9 games)
247	1992
262	1991

Most First Downs Allowed, Game

33	vs. Tennessee 9/19/2021 (OT)
	at Dallas 11/30/2023
32	at San Diego 9/15/1985
	vs. Kansas City 11/24/2002
31	at Chicago 12/20/1987
	at Denver 12/1/1996
	at N.Y. Jets 12/6/1998
	at Denver 12/27/1998
	at Arizona 10/25/2020 (OT)

Fewest First Downs Allowed, Game

6	vs. San Diego 11/22/1987
	vs. San Francisco 11/12/2007
7	vs. Chicago 09/27/2015
8	at N.Y. Jets 11/13/1977
	vs. San Francisco 12/11/2005
	at San Francisco 10/22/2015

BY RUSHING

Most First Downs Allowed, Rushing, Season

175	1981
166	1976
153	1978

Fewest First Downs Allowed, Rushing, Season

70	2014
71	2015
78	2005, 2007

Most First Downs Allowed, Rushing, Game

19	vs. New Orleans 11/21/1976
18	3 Times (Last: at Kansas City 11/22/1981)

Fewest First Downs Allowed, Rushing, Game

0	at Green Bay 12/9/1990
	at Baltimore 12/13/2015
	at Arizona 1/3/2016
	at N.Y. Giants 10/22/2017
	vs. Arizona 11/24/2024
1	Many Times (Last: Cincinnati 9/8/2019)

BY PASSING

Most First Downs Allowed, Passing, Season

253	2020
240	2021
224	2019

Fewest First Downs Allowed, Passing, Season

68	1982 (9 games)
125	1977
129	1992

Most First Downs Allowed, Passing, Game

27	at San Diego 9/15/1985
24	at Atlanta 10/27/2019
23	at Atlanta 9/13/2020

Fewest First Downs Allowed, Passing, Game

2	4 Times (Last: vs. Chicago 9/27/2015)

BY PENALTY

Most First Downs Allowed, Penalty, Season

45	2017
43	2013
40	2011

Fewest First Downs Allowed, Penalty, Season

12	1991
13	1982 (9 games)
15	2006

Most First Downs Allowed, Penalty, Game

7	at Kansas City 10/17/1996
6	vs. Arizona 12/22/2013
	at Tennessee 9/24/2017
	at N.Y. Giants 10/22/2017
	at Arizona 11/9/2017
	vs. Tennessee 9/19/2021 (OT)
	at San Francisco 9/18/2022
	at Dallas 11/30/2023
5	13 Times (Last: vs. L.A. Rams 11/3/2024)

NET YARDS GAINED RUSH/PASS

PLAYS

Most Plays, Season

1,090	1985
1,072	1978
1,056	2007

Fewest Plays, Season

589	1982 (9 games)
869	1977
882	1976

Most Plays, Game

90	at San Diego 12/29/2002 (OT)
85	vs. Kansas City 11/27/1983 (OT)
	vs. Green Bay 11/27/2006
	vs. Philadelphia 12/7/2014
84	vs. Kansas City 9/29/1985
	vs. San Diego 11/22/1987

Fewest Plays, Game

35	vs. L.A. Rams 11/4/1979
37	vs. N.Y. Giants 11/7/2010
39	at Tampa Bay 10/19/2008

YARDS

Most Net Yards Gained, Season

6,058	2015
6,012	2014
5,991	2019

Fewest Net Yards Gained, Season

2,594	1982 (9 games)
3,374	1992
4,065	1976

Most Net Yards Gained, Game

596	at Arizona 12/21/2014
591	at San Diego 12/29/2002 (OT)
572	at Arizona 10/25/2020

Fewest Net Yards Gained, Game

-7	vs. L.A. Rams 11/4/1979 (NFL record)
62	at Dallas 10/11/1992
65	vs. New England 12/4/1988

Most Consecutive Games, 500 or More Yards Gained

2	2002

Most Consecutive Games, 400 or More Yards Gained

5	2015
4	1986
3	2012, 2017, 2020

Most Consecutive Games, 300 or More Yards Gained

23	2014-16
15	2019-20
13	2019

Most Games 500 Yards or More, Season

3	2002
2	1986, 2014
1	Many Times

Highest Average Gain, Season

5.89	2014 (1,021-6,012)
5.85	2015 (1,035-6,058)
5.80	2005 (1,020-5,915)

Lowest Average Gain, Season

3.6	1992 (945-3,374)
4.4	1982 (589-2,594 [9 games])
4.6	1989 (1,010-4,596)

OPPONENTS YARDS

Fewest Yards Allowed, Season

2,794	1982 (9 games)
4,274	2014
4,378	2013

Most Yards Allowed, Season

6,445	2021
6,391	2000
6,313	2023

Fewest Yards Allowed, Game

113	vs. San Francisco 12/11/2005
118	at Indianapolis 9/14/1997
120	vs. Cleveland 9/3/1984

Most Net Yards Allowed, Game

580	vs. San Francisco 9/25/1988
579	vs. Buffalo 12/23/2000
576	vs. Las Vegas 11/27/2022 (OT)

OPPONENTS PLAYS

Fewest Opponents Plays Allowed, Season

600	1982 (9 games)
924	2014
947	2015
950	1990

Most Opponents Plays Allowed, Season

1,201	2021
1,147	2023
1,137	1998

Fewest Opponents Plays Allowed, Game

39	vs. San Diego 11/22/1987
41	at Pittsburgh 10/20/1991
43	vs. L.A. Raiders 9/16/1990

Most Opponents Plays Allowed, Game

95	vs. L.A. Rams 11/4/1979
	vs. Philadelphia 12/13/1992
90	at Arizona 10/23/2016
89	vs. Minnesota 9/29/2002

Fewest Opp. Plays Allowed, Rushing, Season

337	1982 (9 games)
362	2015
366	2018

Most Opponents Plays Allowed, Rushing, Season

614	1976
596	1977
588	1981

TEAM RECORDS - REGULAR SEASON

Fewest Opponents Plays Allowed, Rushing, Game

10 at Green Bay 12/9/1990
12 vs. San Diego 11/22/1987
vs. Minnesota 11/10/1996
vs. San Francisco 12/6/2009
vs. Baltimore 11/13/2011

Most Opponents Plays Allowed, Rushing, Game

63 vs. L.A. Rams 11/4/1979
61 vs. Cincinnati 10/11/1987
60 2 Times (Last: vs. Pittsburgh 10/23/1983)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

674 2020
658 2021
650 1998

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/1992
10 at New England 12/4/1988
11 vs. Cincinnati 10/11/1987

Most Opponents Attempts Allowed, Passing, Game

63 at N.Y. Jets 12/6/1998
59 vs. Pittsburgh 11/29/2015
58 vs. New England 10/14/2012
vs. Carolina 9/24/2023

RUSHING

ATTEMPTS

Most Rushing Attempts, Season

561 1978
546 1983
536 2012

Fewest Rushing Attempts, Season

227 1982 (9 games)
374 1976
382 2023

Most Rushing Attempts, Game

57 vs. N.Y. Jets 9/11/1983
56 vs. San Diego 9/18/1983
54 vs. San Diego11/22/1987

Fewest Rushing Attempts, Game

7 vs. L.A. Raiders 11/17/1991
9 vs. Washington 12/23/1989
11 at Carolina 10/8/2000
vs. Arizona 10/18/2009
vs. N.Y. Giants 10/6/2024

YARDS GAINED

Most Yards Gained Rushing, Season

2,762 2014
2,579 2012
2,560 2018

Fewest Yards Gained Rushing, Season

795 1982 (9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game

350 vs. N.Y. Giants 11/9/2014
320 vs. Houston 10/16/2005
319 vs. Oakland 11/11/2001

Fewest Yards Gained Rushing, Game

4 at Minnesota 11/22/2009
14 vs. Arizona 10/18/2009
20 vs. New England 12/4/1988
vs. Kansas City 11/28/2010

AVERAGE GAIN

Highest Average Gain, Rushing, Season

5.3 2014 (525-2,762)
5.0 2021 (413-2,074)
4.8 2012 (536-2,579)

Lowest Average Gain, Rushing, Season

3.3 1984 (495-1,645)
3.44 1989 (405-1,392)
3.45 1999 (408-1,408)

TOUCHDOWNS

Most Touchdowns, Rushing, Season

29 2005
28 1978
24 1979

Fewest Touchdowns, Rushing, Season

4 1982 (9 games)
1992, 2017
5 1989, 1999

Most Touchdowns, Rushing, Game

5 2005 vs. Houston 10/16/2005
2014 vs. N.Y. Giants 11/9/2014
4 11 Times (Last: at Buffalo 12/16/2012)

OPPONENT RUSHING

Most Yards Allowed Rushing, Season

2,876 1976
2,806 1981
2,554 2022

Fewest Yards Allowed, Rushing, Season

1,304 2014, 2015
1,461 1982 (9 games)
1,487 2016

Most Yards Allowed, Rushing, Game

356 vs. L.A. Raiders 11/30/1987
303 vs. L.A. Rams 11/4/1979
301 vs. Denver 11/26/2000

Fewest Yards Allowed, Rushing, Game

13 at Green Bay 12/9/1990
vs. St. Louis 12/29/2013
15 vs. Minnesota 11/10/1996
17 vs. San Diego 11/22/1987
vs. St. Louis 12/22/2002

Most Touchdowns Allowed, Rushing, Season

24 2023
23 1979
22 2019

Fewest Touchdowns Allowed, Rushing, Season

4 1991, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Game

5 at Green Bay12/27/2009
4 5 Times (Last: at Cleveland 11/4/2007)

PASSING

ATTEMPTS

Most Passes Attempted, Season

609 1997, 2009
593 2024
590 2007

Fewest Passes Attempted, Season

326 1982 (9 games)
387 1977
405 1987, 2012

Most Passes Attempted, Game

61 vs. Kansas City 9/29/1985
56 at Detroit 9/30/2024
55 at San Francisco 12/1/2002

Fewest Passes Attempted, Game

14 vs. Kansas City 12/11/1977
15 vs. N.Y. Jets 9/11/1983
vs. Green Bay 11/15/1987
vs. Pittsburgh 12/6/1987
16 4 Times (Last: vs. Philadelphia 12/1/2011)

Most Passes Attempted, Both Teams, Game

103 Seattle (53) at San Diego (50) 12/29/2002 (OT)
98 Seattle (50) at Arizona (48) 10/25/2020 (OT)
95 Seattle (47) at Cleveland (48) 11/4/2007

Fewest Passes Attempted, Both Teams, Game

30 Seattle (20) vs. New England (10) 12/4/1988
33 Seattle (15) vs. Pittsburgh (18) 12/6/1987
38 Seattle (23) vs. New England (15) 10/9/1977

COMPLETIONS

Most Passes Completed, Season

413 2024
399 2022
388 2020

Fewest Passes Completed, Season

175 1977
176 1982 (9 games)
229 1976

Most Passes Completed, Game

40 vs. Detroit 11/8/2009
38 at Detroit 9/30/2024
36 at San Diego 12/29/2002 (OT)

Fewest Passes Completed, Game

2 vs. L.A. Rams 11/4/1979
4 vs. L.A. Raiders 10/16/1983
5 vs. New England 10/9/1977
vs. Houston 11/20/1977
at Oakland 12/22/1996

Most Passes Completed, Both Teams, Game

68 Seattle (31) at Atlanta (37) 9/13/2020
67 Seattle (33) at Arizona (34) 10/25/2020 (OT)
64 Seattle (36) at San Diego (28) 12/29/2002 (OT)
Seattle (33) at Indianapolis (31)10/4/2009
Seattle (27) vs. Dallas (37) 9/27/2020

Fewest Passes Completed, Both Teams, Game

14 Seattle (5) vs. New England (9) 10/9/1977
Seattle (9) vs. New England (5) 12/4/1988
17 Seattle (10) vs. Cleveland (7) 12/18/1977

YARDS GAINED

Most Net Yards Gained, Passing, Season

4,020 2024
4,124 2016
4,078 2002

Fewest Net Yards Gained, Passing, Season

1,778 1992
1,799 1982 (9 games)
2,328 1977

Most Net Yards Gained, Passing, Game

446 vs. Houston 10/29/2017
428 at San Diego 12/29/2002
427 at San Francisco 12/1/2002

Fewest Net Yards, Gained Passing, Game

-30 vs. L.A. Rams 11/4/1979
2 vs. L.A. Raiders 10/16/1983
13 at Oakland 12/22/1996

TIMES SACKED

Most Times Sacked, Season

67 1992
54 2024
53 1985

Fewest Times Sacked, Season

21 1977
23 1979
27 2005

TEAM RECORDS - REGULAR SEASON

Most Times Sacked, Game

9	vs. Kansas City 11/11/1990
8	vs. Cleveland 9/12/1982
	vs. Dallas 12/4/1983
	vs. Denver 11/26/1989
	at Denver 12/20/1992
	at Oakland 10/31/2010
7	vs. 15 Times (Last: vs. Green Bay 12/15/2024)

COMPLETION PERCENTAGE

Highest Completion Percentage, Season

69.6	2022 (573-399), 2024 (593-413)
68.9	2020 (563-388)
68.1	2015 (489-333)

Lowest Completion Percentage, Season

45.2	1977 (387-175)
47.7	1976 (480-229)
48.3	1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season

40	2020
35	2018
34	2015, 2017

Fewest Touchdowns, Passing, Season

9	1982 (9 games)
	1992
13	1976, 1993, 1994

Most Touchdowns, Passing, Game

5	vs. Detroit 12/2/1984
	vs. San Diego 9/15/1985
	vs. L.A. Raiders 11/28/1988
	vs. Oakland 10/26/1997
	at Baltimore 11/23/2003 (OT)
	vs. N.Y. Giants 9/24/2006
	vs. Jacksonville 9/22/2013
	vs. Pittsburgh 11/29/2015
	at Baltimore 12/13/2015
	vs. Tampa Bay 11/3/2019
	vs. New England 9/20/2020
	vs. Dallas 9/27/2020

Most Touchdowns, Passing, Both Teams, Game

10	Seattle (5) at San Diego (5) 9/15/1985
9	Seattle (5) at Baltimore (4) 11/23/2003 (OT)
8	Seattle (5) vs. N.Y. Giants (3) 9/24/2006
	Seattle (4) vs. Houston (4) 10/29/2017
	Seattle (5) vs. Dallas (3) 9/27/2020

PASSES HAD INTERCEPTED

Most Passes Had Intercepted, Season

32	1977
30	1976
26	1984, 1991

Fewest Passes Had Intercepted, Season

6	2019
7	2014, 2018, 2021
8	2015

Most Passes Had Intercepted, Game

6	vs. Detroit 10/24/76
	at Kansas City 12/9/84
5	4 Times (Last: at Green Bay 11/12/2016)

OPPONENT PASSING

Most Net Yards Allowed, Passing, Season

4,560	2020
4,513	2021
4,223	2019

Fewest Net Yards Allowed, Passing, Season

1,333	1982 (9 games)
2,333	1977
2,524	1976

Most Net Yards Allowed, Passing, Game

494	at San Diego 9/15/1985
480	vs. Pittsburgh 11/29/2015
461	vs. Dallas 9/27/2020

Fewest Net Yards Allowed, Passing, Game

12	at Philadelphia 9/6/1998
15	vs. Kansas City 9/30/1979
23	at Indianapolis 9/14/1997

Most Touchdowns Allowed, Passing, Season

33	1983
31	2010
28	1980

Fewest Touchdowns Allowed, Passing, Season

4	1982
11	1992
14	2015

Most Touchdowns Allowed, Passing, Game

5	at San Diego 9/15/1985
	vs. San Francisco 9/25/1988
	vs. N.Y. Jets 8/31/1997
	at Minnesota 11/22/2009
	at Tampa Bay 12/26/2010
4	Many Times (Last: at Detroit 10/2/2022)

PUNTING

PUNTS

Most Punts, Season

108	1992
95	1984, 2011
92	2017

Fewest Punts, Season

49	1982 (9 games)
61	1987, 2002, 2020
62	2014

Most Punts, Game

12	vs. Denver 11/28/1993
11	5 Times (Last: vs. Philadelphia 11/2/2008)

Fewest Punts, Game

0	at Detroit 10/2/2022
	at Dallas 11/30/2023
1	20 Times (Last vs. Detroit 1/2/2022)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season

50.0	2023 (66-3,303)
49.6	2020 (61-3,028)
49.4	2024 (76-3756)

Lowest Average Distance, Punting, Season

36.4	1978 (69-2,513)
37.4	1976 (82-3,067)
37.6	1984 (95-3,567)

HAD BLOCKED

Most Punts Had Blocked, Season

3	1979
2	1976, 1977, 1980, 1997, 2003, 2004, 2013

Most Punts Had Blocked, Game

2	vs. Kansas City 9/30/1979
1	Many Times (Last: vs. Arizona 12/30/2018)

Most Consecutive Punts Without A Block

612	1980-88
413	1989-93
408	2008-13

INSIDE THE 20

Most Punts Inside Opponents' 20-Yard Line, Season

40	2021
36	2024
34	1999, 2011, 2019

Fewest Punts Inside Opponents' 20-Yard Line, Season

9	1982 (9 games)
10	1977, 1986
11	1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

7	vs. San Francisco 12/6/2009
6	vs. Minnesota 11/10/1996
	vs. Kansas City 12/26/1999
	at N.Y. Giants 12/23/2001
	at Chicago 10/17/2010
	at Miami 11/25/2012

OPPONENTS PUNTING

PUNTS

Fewest Opponent Punts, Season

50	1982 (9 games)
54	1977
55	1981

Most Opponent Punts, Season

97	1985
96	1992
93	2007

Fewest Opponent Punts, Game

0	at Oakland 12/16/1979
	vs. Oakland 12/5/1999
	at N.Y. Jets 12/19/2004
	at Dallas 11/30/2023
1	Many Times (Last: vs. Pittsburgh 12/31/2023)

Most Opponent Punts, Game

11	at Denver 10/25/1985 (OT)
	vs. Denver 11/30/1992 (OT)
10	7 Times (Last: vs. Chicago 9/27/2015)

AVERAGE YARDAGE

Highest Opponent Average, Punting, Season

48.0	2023 (60-2,879)
47.22	2009 (82-3,872)
47.19	2022 (62-2,926)

Lowest Opponent Average, Punting, Season

35.0	1976 (65-2,275)
36.0	1977 (54-1,942)
37.4	1979 (70-2,616)

Highest Opponent Average, Punting, Game (Min. 3)

59.6	at San Francisco 9/11/2011 (5-298)
58.3	at Pittsburgh 9/18/2011 (3-175)
57.0	at New England 9/15/2024 (6-342)

Lowest Opponent Average, Punting, Game (Min. 3)

17.3	vs. Buffalo 10/14/1984 (4-69)
21.7	vs. Dallas 10/12/2014 (3-65)
22.8	vs. N.Y. Jets 11/26/1979 (4-91)

HAD BLOCKED

Most Opponent Punts Blocked, Season

4	1984, 1986
2	1976, 1979, 1980, 1985, 2011, 2014

Most Opponent Punts Blocked, Game

2	vs. Buffalo 10/14/1984
	at New England 9/21/1986
1	Many Times

Most Consecutive Opponent Punts Without A Block

574	2003-10
537	1994-01
279	1987-91

INSIDE THE 20

Most Opponent Punts Inside the Opponents' 20, Season

34	2016
31	2004, 2024
30	2010, 2012

TEAM RECORDS - REGULAR SEASON

Fewest Opponent Punts Inside Opponents' 20, Season

10	1976, 1977, 1982 (9 games)
12	2020
13	1987

Most Opponent Punts Inside Opponents' 20, Game

6	at L.A. Rams 9/18/2016
5	vs. Dallas 10/23/2005
	at Chicago 12/26/2024
4	Many Times (Last: vs. Minnesota 12/22/2024)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Season

58	2007
53	1985
52	2013

Fewest Punt Returns, Season

16	2022
21	1982 (9 games)
22	2020

Most Punt Returns, Game

7	vs. Tampa Bay 10/17/1976
	at N.Y. Jets 11/13/1977
	vs. San Francisco 12/6/2009
	at St. Louis 11/20/2011
	at N.Y. Giants 12/15/2013
6	Many Times (Last: at N.Y. Giants 10/9/2011)

Fewest Punt Returns, Game

0	Many Times

FAIR CATCHES

Most Fair Catches, Season

29	2024
28	2014, 2016
27	1992

Fewest Fair Catches, Season

4	1977
5	1978
6	3 Times (Last: 1983)

Most Fair Catches, Game

6	at Arizona 12/21/2014
	at L.A. Rams 9/18/2016
5	7 Times (Last: at San Francisco 11/26/2017)

YARDS GAINED

Most Yards, Punt Returns, Season

658	2007
579	2013
484	1984

Fewest Yards, Punt Returns, Season

109	2022
141	2019
143	2018

Most Yards, Punt Returns, Game

139	at Arizona 1/3/2016
106	at Pittsburgh 9/26/1999
105	vs. N.Y. Giants 11/5/1995

Fewest Yards, Punt Returns, Game

-4	vs. San Francisco 12/2/2018
-3	at Washington 10/2/2005 (OT)
	vs. San Diego 9/21/1997
	vs. L.A. Rams 10/7/2018

AVERAGE YARDS RETURNING PUNTS

Highest Average, Punt Returns, Season

14.0	1999 (30-419)
12.8	2000 (30-384)
11.7	1986 (39-457)

Lowest Average, Punt Returns, Season

5.71	2005 (31-177)
5.72	2018 (25-143)
6.13	2019 (23-141)

TOUCHDOWNS RETURNING PUNTS

Most Touchdowns, Punt Returns, Season

2	1998
1	13 Times (Last: 2015)

Most Touchdowns, Punt Returns, Game

1	15 Times (Last: at St. Louis 9/13/2015)

OPPONENT PUNT RETURNS

Fewest Opponent Punt Returns, Season

17	2002, 2014
19	1982 (9 games)
21	2013

Most Opponent Punt Returns, Season

56	1976, 1992
52	1996

Fewest Yards Allowed, Punt Returns, Season

69	1982 (9 games)
82	2013
140	2003

Most Yards Allowed, Punt Returns, Season

640	1996
549	1995
541	2011

Fewest Yards Allowed, Punt Returns, Game

-12	at L.A. Rams 10/23/1988
-5	at Green Bay 1/1/2006
-4	vs. Denver 11/30/1992 (OT)

Most Yards Allowed, Punt Returns, Game

184	at Baltimore 12/7/1997
136	vs. Cincinnati 10/30/2011
133	at Oakland 11/15/1998

Seasons Leading League, Lowest Average Allowed, Punt Returns

1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.6	1982 (19-69) (9 games)
3.9	2013 (21-82)
4.6	1981 (33-153) (Led NFL)

Highest Average Allowed, Punt Returns, Season

13.3	2015 (29-386)
12.3	1996 (52-640)
12.2	1997 (38-463)

Longest Return Allowed, Game

91	at N.Y. Jets 11/9/1987 (TD)
90	at St. Louis 10/19/2014 (TD)
89	at Baltimore 12/7/1997 (TD)
	at San Francisco 12/1/2002 (TD)
	at Chicago 10/17/2010 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2	1990, 1997, 2011
1	16 Times (Last: 2019)

Most Touchdowns Allowed, Punt Returns, Game

2	at Baltimore 12/7/1997
1	20 Times (Last: vs. New Orleans 9/22/2019)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Season

80	2000
79	1976
77	2008

Fewest Kickoff Returns, Season

22	2019
26	2023
28	2020

Most Kickoff Returns, Game

9	vs. New Orleans 11/21/1976
	vs. Kansas City 11/27/1983 (OT)
8	Many Times (Last: vs. N.Y. Giants 11/7/2010)

Fewest Kickoff Returns, Game

0	Many Times

YARDS GAINED

Most Yards, Kickoff Returns, Season

1,948	2008
1,932	2000
1,620	1995

Fewest Yards, Kickoff Returns, Season

432	2019
544	1982 (9 games)
629	2020

Most Yards, Kickoff Returns, Game

268	vs. Indianapolis 10/15/2000
266	vs. San Francisco 10/10/2024
253	vs. San Diego 9/26/2010

Fewest Yards, Kickoff Returns, Game

0	Many Times

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season

28.0	2024 (38-1065)
27.1	2012 (29-787)
26.2	2023 (26-680)

Lowest Average, Kickoff Returns, Season

17.7	1992 (50-885)
18.5	1981 (69-1,278)
18.6	1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season

3	2010
2	2007
1	11 Times (Last: 2024)

Most Touchdowns, Kickoff Returns, Game

2	vs. San Diego 9/26/2010
1	at St. Louis 11/13/1983
	vs. Kansas City 10/8/1989
	at San Diego 10/30/1994
	vs. Washington 9/20/1998
	vs. Buffalo 12/23/2000
	at St. Louis 10/20/2002
	vs. St. Louis 10/21/2007
	at St. Louis 11/25/2007
	at San Francisco 12/12/2010
	at Miami 11/25/2012
	vs. Chicago 9/27/2015
	vs. Arizona 12/31/2017
	vs. Jacksonville 10/31/2021
	vs. San Francsico 10/10/2024

OPPONENT KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

22	2023
24	1982 (9 games), 2019
32	2016

Most Opponent Kickoff Returns, Season

82	2005
81	1999
79	2003

Fewest Opponent Kickoff Returns, Game

0	Many Times (Last: at Arizona 12/8/2024)

Most Opponent Kickoff Returns, Game

10	vs. Kansas City 9/20/1987
	vs. Oakland 10/26/1997
9	5 Times (Last: vs. Arizona 12/9/2012)

TEAM RECORDS - REGULAR SEASON

YARDS GAINED

Fewest Yards Allowed, Kickoff Returns, Season

361	1982 (9 games)
488	2023
532	2019

Most Yards Allowed, Kickoff Returns, Season

1,802	2005
1,790	2007
1,779	1997

Fewest Yards Allowed, Kickoff Returns, Game

0	Many Times

Most Yards Allowed, Kickoff Returns, Game

238	at N.Y. Jets 12/1/2024
237	at Atlanta 12/30/2007
230	vs. Kansas City 9/20/1987

Longest Return Allowed, Game

102	at San Francisco 9/11/2011 (TD)
101	at Minnesota 12/6/2015 (TD)
99	vs. Kansas City 9/3/1995 (TD)
	at St. Louis 10/9/2005 (TD)
	at N.Y. Jets 12/1/2024 (TD)

AVERAGE YARDAGE

Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04	1982 (24-361) (Led NFL) (9 games)
16.14	1983 (59-952) (Led NFL)
16.66	1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

27.85	2024 (40-1114)
26.02	2011 (48-1,249)
25.64	2008 (47-1,205)

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Season

2	1995, 2002
1	1978, 1987, 1993, 1997, 2001, 2005, 2011, 2015, 2018

Most TDs Allowed, Kickoff Returns, Game

1	14 Times (Last: at N.Y. Jets 12/1/2024)

FUMBLES

FUMBLES

Most Fumbles, Season

43	1989
41	1981
38	1980

Fewest Fumbles, Season

8	2023
14	2020
16	2012

Most Fumbles, Game

8	at Kansas City 11/5/1989
	at Arizona 10/29/1995 (OT)
7	at Denver 11/20/1983

FUMBLES LOST

Most Fumbles Lost, Season

23	1981
20	1983
19	1978, 1994

Fewest Fumbles Lost, Season

4	2018
5	2017, 2020, 2023
6	2016, 2021

Most Fumbles Lost, Game

5	at Green Bay 10/15/1978
	at Denver 12/13/1981
4	6 Times (Last: vs. Oakland 11/1/1998)

FUMBLES RECOVERED

Most Fumbles Recovered, Season, Own and Opponents

44	1983 (16 own, 28 opp)
41	1981 (14 own, 27 opp)
37	1987, 1989

Fewest Fumbles Recovered, Season, Own & Opponents

11	2023
14	2015
15	2008

Most Fumbles Recovered, Game, Own & Opponents

8	vs. Cleveland 12/20/1981 (1 own, 7 opp)
7	vs. Chicago 12/20/1987 (4 own, 3 opp)
	vs. San Diego 11/25/1990 (4 own, 3 opp)

Most Own Fumbles Recovered, Season

24	1989
22	1980
19	2009

Fewest Own Fumbles Recovered, Season

3	2023
4	2008
6	2010, 2015

Most Opponents Fumbles Recovered, Season

28	1983
27	1981
25	1984

Fewest Opponents Fumbles Recovered, Season

6	1999
7	2021
8	1982, 2015, 2016, 2020, 2023

Most Opponents Fumbles Recovered, Game

7	vs. Cleveland 12/20/1981
6	at Oakland 12/22/1996
5	vs. L.A. Raiders 10/16/1983
	vs. Cleveland 11/14/1993
	vs. Kansas City 10/4/1998

TOUCHDOWNS

Most TDs, Opponent Fumbles Recovered, Season

3	1997, 2015
2	8 Times (Last: 2024)

Most TDs, Fumbles Recovered, Game, Own and Opponents

2	at San Francisco 11/11/2019 (1 each)
	vs. Denver 11/26/2000 (2-opp)
1	Many Times

OPPONENT FUMBLES

Fewest Opponent Fumbles, Season

15	2022
17	1995, 1999, 2023
18	1982 (9 games)
	2011, 2020

Most Opponent Fumbles, Season

47	1984
44	1983
43	1981

Most Opponent Fumbles, Game

9	vs. Cleveland 12/20/1981
	at Oakland 12/22/1996
7	4 Times (Last: vs. Miami 10/6/1996)

TURNOVERS

TURNOVERS (NUMBER OF TIMES LOSING BALL ON INTS AND FUMS)

Most Turnovers, Season

48	1976 (30 ints, 18 fums)
46	1977 (32 ints, 14 fums)
43	1991 (26 ints, 17 fums)

Fewest Turnovers, Season

11	2018 (7 ints, 4 fums)
13	2021 (7 ints, 6 fums)
14	2014 (7 ints, 7 fums)

Most Turnovers, Game

8	vs. Detroit 10/24/1976 (6 ints, 2 fums)
	at Denver 11/20/1983 (4 ints, 4 fums)
7	4 Times (Last: at Arizona 10/29/1995 [OT],[4 ints, 3 fums])

Most Turnovers, Both Teams, Game

14	Seattle (4) vs. Cleveland (10) 12/20/1981
11	Seattle (7) at Kansas City (4) 9/29/1985
	Seattle (7) at Arizona (4) 10/29/1995 (OT)
	Seattle (3) vs. San Diego (8) 12/13/1998

Fewest Turnovers, Both Teams, Game

0	Many Times

TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL

Seasons Leading League in Most Takeaways

1984, 2013

Fewest Opponent Turnovers, Season

18	2021 (11 ints, 7 fums)
19	2016 (11 ints, 8 fums), 2023 (11 ints, 8 fums)
20	2008 (9 ints, 11 fums)

Most Opponent Turnovers, Season

63	1984 (38 ints, 25 fums) (2nd in NFL history)
54	1983 (26 ints, 28 fums)
48	1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

10	vs. Cleveland 12/20/1981 (3 ints, 7 fums)
8	4 Times (Last: vs. Arizona 12/9/2012 [7 int, 1 fum])

PENALTIES

Fewest Penalties, Season

59	1982 (9 games)
	2007
66	2001
76	1977

Most Penalties, Season

148	2017
138	2011
130	2014

Fewest Penalties, Game

0	at Pittsburgh 12/6/1987
	vs. Dallas 12/16/2001
	vs. Baltimore 12/23/2007
	at Miami 10/4/2020
	at Arizona 1/7/2024
1	13 Times (Last: vs. Minnesota 12/2/2019)

Most Penalties, Game

17	at Green Bay 10/21/1984
16	vs. Washington 11/5/2017
15	at Tampa Bay 10/17/1976
	at San Diego 10/9/1983
	at N.Y. Giants 10/22/2017

Fewest Penalties, Both Teams, Game

2	Seattle (1) at Oakland (1) 12/5/1999
	Seattle (2) at Philadelphia (0) 12/2/2007
4	Seattle (2) at N.Y. Jets (2) 12/19/2004
	Seattle (1) vs. Tampa Bay (3) 12/26/2010
	Seattle (1) vs. Arizona (3) 12/30/2018
	Seattle (1) vs. Minnesota (3) 12/2/2019

Most Penalties, Both Teams, Game

35	Seattle (15) vs. Tampa Bay (20) 10/17/1976
30	Seattle (13) at Kansas City (17) 11/8/1998
28	Seattle (17) at Green Bay (11) 10/21/1984

YARDS PENALIZED

Fewest Yards Penalized, Season

428	2007
523	1982 (9 games)
579	2001

TEAM RECORDS - REGULAR SEASON

Most Yards Penalized, Season

1,342	2017
1,183	2013
1,179	1984

Fewest Yards Penalized, Game

0	at Pittsburgh 12/6/1987
	vs. Dallas 12/16/2001
	vs. Baltimore 12/23/2007
	at Miami 10/4/2020
	at Arizona 1/7/2024
5	at Pittsburgh 9/27/1998
	at Cleveland 9/9/2001
	vs. Atlanta 1/2/2005

Most Yards Penalized, Game

148	at San Francisco 12/16/2018 (OT)
145	vs. Denver 12/8/1979
142	at Dallas 12/24/2017

Fewest Yards Penalized, Both Teams, Game

19	Seattle (14) at Oakland (5) 12/5/1999
25	Seattle (25) at Philadelphia (0) 12/2/2007
26	Seattle (10) vs. St. Louis (16) 9/10/2000

Most Yards Penalized, Both Teams, Game

310	Seattle (120) vs. Tampa Bay (190) 10/17/1976
273	Seattle (145) at Denver (128) 12/8/1979
257	Seattle (130) at Dallas (127) 11/30/2023

TIME OF POSSESSION

TIME OF POSSESSION

Highest Average Time of Possession, Season

32:11	2014
31:40	2015
31:36	2012

Lowest Average Time of Possession, Season

25:15	2021
26:30	2008
26:47	2023

Highest Time of Possession, Game

41:56	at Philadelphia 12/7/2014
41:35	vs. San Diego 11/22/1987
40:21	vs. Denver 10/22/1989 (OT)

Lowest Time of Possession, Game

14:28	vs. L.A. Rams 11/4/1979
17:04	at Cleveland 10/23/2011
17:10	vs. San Francisco 9/25/1988
	vs. Arizona 10/18/2009

TIME OF POSSESSION ALLOWED

Lowest Average Time of Possession Allowed, Season

27:49	2014
28:20	2015
28:24	2012

Highest Average Time of Possession Allowed, Season

34:45	2021
33:30	2008
33:13	2023

Lowest Time of Possession Allowed, Game

18:04	at Philadelphia 12/7/2014
18:25	vs. San Diego 11/22/1987
20:05	at Pittsburgh 10/20/1991

Highest Time of Possession Allowed, Game

46:47	vs. Philadelphia 12/13/1992 (OT)
46:21	at Arizona 10/23/2016 (OT)
45:32	vs. L.A. Rams 11/4/1979

INTERCEPTIONS

INTERCEPTIONS

Seasons Leading League

1984 (38), 1999 (30), 2013 (28)

Most Passes Intercepted By, Season

38	1984
30	1999
28	2013

Fewest Passes Intercepted By, Season

9	1989, 2008
11	2016, 2021, 2023
12	1990, 2006, 2010, 2018

Most Passes Intercepted By, Game

7	vs. San Diego 12/13/1998
6	vs. Kansas City 11/4/1984
5	at Houston 10/5/1980
	at Pittsburgh 12/6/1992
	at Pittsburgh 9/26/1999
	vs. Arizona 12/9/2007
	vs. Detroit 11/8/2009
	at N.Y. Giants 12/15/2013

Most Consecutive Games, One or More Interceptions By

17	1983-84
12	2002-03
11	1993

YARDS RETURNED

Most Yards, Returning Interceptions, Season

697	1984 (4th in NFL history)
462	2011
455	1998

Fewest Yards Returning Interceptions, Season

57	1989
72	2016
92	2021

Most Yards Returning Interceptions, Game

325	vs. Kansas City 11/4/1984 (NFL record)
148	at Philadelphia 12/5/2005
146	vs. Philadelphia 12/1/2011

TOUCHDOWNS

Most TDs Returning Interceptions, Season

8	1998 (2nd in NFL history)
7	1984 (3rd in NFL history)
4	2011

Most Touchdowns Returning Interceptions, Game

4	vs. Kansas City 11/4/1984 (NFL record)
2	vs. Chicago 9/23/1984
	vs. Arizona 9/13/1998
	at Philadelphia 12/5/2005
	at Chicago 12/18/2011

Most TDs Returning Interceptions, Both Teams, Game

4	Seattle (4) vs. Kansas City (0) 11/4/1984 (NFL record)
2	9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

SACKS

Most Sacks, Season

61	1985
55	1984
53	1998

Fewest Sacks, Season

17	1982 (9 games)
18	1977
25	1978

Most Sacks, Game

11	vs. L.A. Raiders 12/8/1986
	at N.Y. Giants 10/2/2023
10	vs. Philadelphia 12/13/1992 (OT)

Most Opponent's Yards Lost Attempting to Pass, Season

464	1985
398	1984
351	1983

Fewest Opponent's Yards Lost Attempting to Pass, Season

131	1977
135	1982 (9 games)
152	2000

Most Opponent's Yards Lost Attempting to Pass, Game

89	vs. Philadelphia 12/13/1992 (OT)
68	vs. L.A. Raiders 12/8/1986
67	at New York Giants 10/2/2023

INDIVIDUAL RECORDS - POSTSEASON

SERVICE

Most Games, Career

16 Bobby Wagner, 2012-16, 2018-20
Russell Wilson, 2012-16, 2018-20
15 K.J. Wright, 2012-16, 2018-20
14 Kam Chancellor, 2010, 2012-16
Jon Ryan, 2010, 2012-16

Most Starts, Career

16 Bobby Wagner, 2012-16, 2018-20
Russell Wilson, 2012-16, 2018-20
14 K.J. Wright, 2012-16, 2018-20
12 Russell Okung, 2010, 2012-15
Richard Sherman, 2012-16
Earl Thomas, 2010, 2012-15

SCORING

POINTS

Most Points, Career

84 Steven Hauschka, 2012-16 (19 FG, 27 PAT) 11 games
72 Marshawn Lynch, 2010, 2012-15, 2019 (12 TD) 13 games
69 Josh Brown, 2003-07 (16 FG, 21 PAT) 9 games

Most Points, Game

18 Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
12 11 Times (Last: DK Metcalf, at San Francisco 1/14/2023 [2-P])

TOUCHDOWNS

Most Touchdowns, Career

12 Marshawn Lynch, 2010, 2012-14, 2019 (12-R)
8 Shaun Alexander, 2003-07 (8-R)
6 Jermaine Kearse, 2012-16 (6-P)
Doug Baldwin, 2012-16 (6-P)

Most Touchdowns, Game

3 Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
2 12 Times (Last: DK Metcalf, at San Francisco 1/14/2023 [2-P])

Most Consecutive Games Scoring Touchdown

5 Marshawn Lynch, 2012-2013
4 Jermaine Kearse, 2013-14
3 Darrell Jackson, 2004-05
Jerramy Stevens, 2005-06

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

27 Steven Hauschka, 2012-16 (28 att) 11 games
21 Josh Brown, 2003-07 (21 att) 9 games
14 Norm Johnson, 1983-84, 1987-88 (15 att) 7 games

Most Points After Touchdown, Game

5 Olindo Mare, vs. New Orleans 1/8/2011 (5 att)
Steven Hauschka, vs. Denver 2/2/2014 (5 att)
4 Norm Johnson, vs. Denver 12/24/1983 (4 att)
Josh Brown, vs. Carolina 1/22/2006 (4 att)
Ryan Longwell, at Atlanta 1/13/2013 (4 att)
Steven Hauschka, vs. Carolina 1/10/2015 (4 att)

FIELD GOALS

Most Field Goals Attempted, Career

20 Steven Hauschka, 2012-16 (11 games)
19 Josh Brown, 2003-07 (9 games)

Most Field Goals Attempted, Game

3 7 Times (Last: Sebastian Janikowski, at Dallas 1/5/2019)
2 17 Times (Last: Jason Myers, vs. L.A. Rams 1/9/2021)

Most Field Goals Made, Career

19 Steven Hauschka, 2012-16 (20 att) 11 games
16 Josh Brown, 2003-07 (19 att) 9 games
8 Norm Johnson, 1983-84, 1987-88 (10 att) 7 games

Most Field Goals Made, Game

3 Steven Hauschka, at Washington 1/6/2013 (3 att)
Steven Hauschka, vs. New Orleans 1/11/2014 (3 att)
Steven Hauschka, vs. San Francisco 1/19/2014 (3 att)

Longest Field Goal Attempted

57 Sebastian Janikowski at Dallas 1/5/2019 (wr)
56 Jason Myers at San Francisco 1/14/2023
55 Steven Hauschka, at Carolina 1/17/2016 (sh)

Longest Field Goal Made

56 Jason Myers, at San Francisco 1/14/2023
52 Jason Myers,vs. L.A. Rams 1/9/2021
50 Todd Peterson, vs. Miami 1/9/2000
Josh Brown, vs. Washington 1/5/2008
Jason Myers,vs. L.A. Rams 1/9/2021

Most Consecutive Field Goals Made

14 Steven Hauschka, 2012-15
8 Josh Brown, 2003-2005
7 Josh Brown, 2006

Highest Field Goal %, Career (Min. 5 att.)

95.0 Steven Hauschka, 2012-16 (19-20) 11 games
84.2 Josh Brown, 2003-06 (16-19) 9 games
80.0 Norm Johnson, 1983-84, 1987-88 (8-10) 7 games

SAFETIES

Most Safeties, Career

1 Cliff Avril, 2013-16 (9 games)

Most Safeties, Game

1 Cliff Avril, vs. Denver 2/2/2014 (tackle in endzone)

RUSHING

ATTEMPTS

Most Attempts, Career

211 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
169 Shaun Alexander, 2003-07 (9 games)
83 Russell Wilson, 2012-16, 2018-20 (16 games)

Most Attempts, Game

34 Shaun Alexander, vs. Carolina 1/22/2006
29 Curt Warner, at Miami 12/31/1983
Dan Doornink, vs. L.A. Raiders 12/22/1984

YARDS GAINED

Most Yards Gained, Career

970 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
564 Shaun Alexander, 2003-07 (9 games)
527 Russell Wilson, 2012-16, 2018-20 (16 games)

Most Yards Gained, Game

161 Thomas Rawls, vs. Detroit 1/7/2017
157 Marshawn Lynch, vs. Green Bay 1/18/2015
140 Marshawn Lynch, vs. New Orleans 1/11/2014

Most Games, 100 or More Yards Rushing, Career

6 Marshawn Lynch, 2010, 2012-15
2 Shaun Alexander, 2003-07
1 Dan Doornink, 1983-84
Thomas Rawls, 2016
Curt Warner, 1983

Most Consecutive Games, 100+ Yards Rushing

2 Marshawn Lynch, 2013
Marshawn Lynch, 2014
1 Curt Warner, 1983
Dan Doornink, 1984
Shaun Alexander, 2005, 2006
Marshawn Lynch, 2010, 2012
Thomas Rawls, 2016

Longest Run From Scrimmage

67t Marshawn Lynch, vs. New Orleans 1/8/2011
40t Marshawn Lynch, vs. San Francisco 1/19/2014
32 Thomas Rawls, vs. Detroit 1/7/2017
Mack Strong, vs. Washington 1/14/2006

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 att.)

6.3 Russell Wilson, 2012-16, 2018-19 (83-527) 16 games
5.1 Thomas Rawls, 2016 (38-195) 2 games
4.6 Marshawn Lynch, 2010, 2012-15, 2019 (211-970) 13 games

Highest Average Gain, Game (Min. 15 att.)

6.9 Marshawn Lynch, vs. New Orleans 1/8/2011 (19-131)
6.6 Marshawn Lynch, at Washington 1/6/2013 (20-132)
6.3 Marshawn Lynch, vs. Green Bay 1/18/2015 (25-157)

TOUCHDOWN

Most Touchdowns, Career

12 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
8 Shaun Alexander, 2003-07 (9 games)
3 Russell Wilson, 2012-16, 2018-19 (14 games)

Most Touchdowns, Game

3 Shaun Alexander, at Green Bay 1/4/2004 (OT)
2 Curt Warner, at Miami 12/31/1983
Shaun Alexander, vs. Carolina 1/22/2006
Shaun Alexander, at Chicago 1/14/2007 (OT)
Marshawn Lynch, vs. New Orleans 1/11/2014
Marshawn Lynch, at Green Bay 1/20/2020

Most Consecutive Games with Rushing TD

5 Marshawn Lynch, 2012-13
2 Marshawn Lynch, 2014, 2019

PASSING

PASSER RATING

Highest Pass Rating, Career (Min. 50 att.)

95.3 Russell Wilson, 2012-16, 2018-20 (16 games)
84.4 Matt Hasselbeck, 2003-07, 2010 (11 games)
75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

Highest Pass Rating, Game (Min. 16 att.)

149.2 Russell Wilson, vs. Carolina, 1/10/15
123.1 Russell Wilson, at Denver, 2/02/14
119.3 Russell Wilson, vs. Detroit, 1/07/17

ATTEMPTS

Most Passes Attempted, Career

451 Russell Wilson, 2012-16, 2018-20 (16 games)
406 Matt Hasselbeck, 2003-07, 2010 (11 games)
183 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Attempted, Game

50 Dave Krieg, at Cincinnati 12/31/1988
49 Matt Hasselbeck, vs. Pittsburgh 2/5/2006
48 Russell Wilson, at Carolina 1/17/2016

COMPLETIONS

Most Passes Completed, Career

275 Russell Wilson, 2012-16, 2018-20 (16 games)
237 Matt Hasselbeck, 2003-07, 2010 (11 games)
94 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Completed, Game

31 Russell Wilson, at Carolina 1/17/2016
27 Matt Hasselbeck, vs. St. Louis 1/8/2005
26 Matt Hasselbeck, vs. Pittsburgh 2/5/2006
Matt Hasselbeck, at Chicago 1/16/2011

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 100 att.)

61.0 Russell Wilson, 2012-16, 2018-20 (451-275) 16 games
58.4 Matt Hasselbeck, 2003-07, 2010 (406-237) 11 games
51.4 Dave Krieg, 1983-84, 1987-88 (183-94) 7 games

Highest Completion %, Game (Min. 15 comp.)

76.7 Russell Wilson, vs. Detroit 1/7/2017 (30-23)
72.0 Russell Wilson, vs. Denver 2/2/2014(25-18)
71.4 Matt Hasselbeck, vs. Carolina 1/22/2006 (28-20)
Geno Smith, at San Francisco 1/14/2023 (35-25)

INDIVIDUAL RECORDS - POSTSEASON

YARDS GAINED

Most Yards Gained, Career

3,786 Russell Wilson, 2012-16, 2018-20 (16 games)
2,741 Matt Hasselbeck, 2003-07, 2010 (11 games)
1,242 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game

385 Russell Wilson, at Atlanta 1/13/2013
366 Russell Wilson, at Carolina 1/17/2016
341 Matt Hasselbeck, vs. St. Louis 1/8/2005

Most Games, 300 or More Yards Passing, Career

3 Russell Wilson
2 Matt Hasselbeck

Most Consec. Games, 300+ Yds. Passing, Career

2 Matt Hasselbeck, 2003-04

Longest Pass Completion

63t Russell Wilson (to Jermaine Kearse), vs. Carolina 1/10/2015
56t Dave Krieg (to Steve Largent) at Miami 12/29/1984
53 Russell Wilson (to Tyler Lockett) at Dallas 1/5/2019
53t Russell Wilson (to DK Metcalf) at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 50 att.)

8.4 Russell Wilson, 2012-16, 2018-20 (451-3,786) 16 games
6.8 Dave Krieg 1983-84, 1987-88 (183-1,242) 7 games
Matt Hasselbeck, 2003-07, 2010 (406-2,741) 11 games

Highest Average Gain, Game (Min. 20 att.)

12.2 Russell Wilson, vs. Carolina 1/10/2015 (22-268)
11.8 Russell Wilson, vs. New England 2/1/2015 (21-247)
10.8 Russell Wilson, at Philadelphia 1/5/2020 (30-325)

TOUCHDOWNS

Most Touchdown Passes, Career

25 Russell Wilson, 2012-16, 2018-20 (16 games)
18 Matt Hasselbeck, 2003-07, 2010 (11 games)
9 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Touchdown Passes, Game

4 Matt Hasselbeck, vs. New Orleans 1/8/2011
3 Dave Krieg, vs. Denver 12/24/1983
Matt Hasselbeck, at Chicago 1/16/2011
Russell Wilson, vs. Carolina 1/10/2015
Russell Wilson, at Carolina 1/17/2016

Most Consecutive Games, Touchdown Pass

13 Russell Wilson, 2013-16, 2018-20
10 Matt Hasselbeck, 2004-2010
4 Dave Krieg, 1984, 1987-88

HAD INTERCEPTED

Most Passes Had Intercepted, Career

12 Russell Wilson, 2012-16, 2018-20 (16 games)
9 Matt Hasselbeck, 2003-07, 2010 (11 games)
6 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Had Intercepted, Game

4 Russell Wilson, vs. Green Bay 1/18/2015
3 Dave Krieg, at L.A. Raiders 1/8/1984
2 7 Times (Last: Russell Wilson, at Atlanta 1/14/2017)

Most Attempts Without Interception, Game

46 Matt Hasselbeck, at Chicago 1/16/2011
38 Dave Krieg, at Houston 1/3/1988 (OT)
35 Dave Krieg at Miami 12/29/1984

Most Consecutive Passes Without Interception

131 Matt Hasselbeck, 2004-05
98 Russell Wilson, 2015-16
91 Russell Wilson, 2013-14

Lowest %, Passes Had Int., Career (Min. 50 att.)

2.22 Matt Hasselbeck, 2003-07, 2010 (9-406) 11 games
2.66 Russell Wilson, 2012-16, 2018-20 (12-451) 16 games
3.28 Dave Krieg, 1987-88 (6-183) 7 games

RECEIVING

RECEPTIONS

Most Receptions, Career

58 Doug Baldwin, 2012-16, 2018 (13 games)
41 Darrell Jackson, 2003-06 (7 games)
35 Bobby Engram, 2003-07 (9 games)

Most Receptions, Game

12 Darrell Jackson, vs. St. Louis 1/8/2005
11 John L. Williams, at Cincinnati 12/31/1988
Jermaine Kearse, at Carolina 1/17/2016
Doug Baldwin, vs. Detroit 1/7/2017
10 DK Metcalf, at San Francisco 1/14/23

Most Consecutive Games, Pass Reception

13 Doug Baldwin, 2012-16, 2018
10 Jermaine Kearse, 2013-16
9 Bobby Engram, 2003-07

YARDS GAINED

Most Yards Gained, Career

734 Doug Baldwin, 2012-16, 2018 (13 games)
510 Tyler Lockett, 2015, 2018-20, 2022 (7 games)
503 Darrell Jackson, 2003-06 (7 games)

Most Yards Gained, Game

160 DK Metcalf, at Philadelphia 1/5/2020
143 Darrell Jackson, vs. Washington 1/14/2006
142 Zach Miller, at Atlanta 1/13/2013

Most Games, 100+ Yards Receiving, Career

3 Doug Baldwin, 2012-16, 2018 (13 games)
2 Steve Largent, 1983-84, 1987-88 (7 games)
Darrell Jackson, 2003-06 (7 games)
Jermaine Kearse, 2012-16 (12 games)
Tyler Lockett, 2015, 2018-20, 2022 (7 games)
DK Metcalf, 2019-20, 2022 (4 games)

Most Consec. Games, 100+ Yards Rec., Career

2 Steve Largent, 1984, 1987
Darrell Jackson, 2004-05
1 John L. Williams, 1988
D.J. Hackett, 2007
Zach Miller, 2012
Golden Tate, 2012
Doug Baldwin, 2013, 2014, 2016
Jermaine Kearse, 2014, 2015
Chris Matthews, 2014
Tyler Lockett, 2018, 2019
DK Metcalf, 2019, 2022

Longest Reception

63t Jermaine Kearse (from Russell Wilson), vs. Carolina 1/10/2015
56t Steve Largent (from Dave Krieg), at Miami 12/29/1984
53 Tyler Lockett (from Russell Wilson), at Dallas 1/5/2019
53t DK Metcalf (from Russell Wilson), at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 20 rec.)

18.9 Steve Largent, 1983-84, 1987-88 (23-434) 7 games
17.6 Tyler Lockett, 2015, 2018-19, 2022 (29-510) 7 games
17.3 DK Metcalf, 2019-20, 2022 (26-451) 4 games

Highest Average Gain, Game (Min. 3 rec.)

43.00 Jermaine Kearse, vs. Carolina 1/10/2015 (3-129)
30.00 Tyler Lockett, at Dallas 1/5/2019 (4-120)
27.25 Chris Matthews, vs. New England 2/1/2015 (4-109)

TOUCHDOWNS

Most Touchdowns, Career

6 Jermaine Kearse, 2012-16 (12 games)
Doug Baldwin, 2012-16, 2018 (13 games)
5 DK Metcalf, 2019-20, 2022 (4 games)
4 Steve Largent, 1983-84, 1987-88 (7 games)
Jerramy Stevens, 2003-06 (6 games)

Most Touchdowns, Game

2 Steve Largent, at Houston 1/3/1988 (OT)
Jerramy Stevens, vs. Dallas 1/6/2007
John Carlson, vs. New Orleans 1/8/2011
Mike Williams, at Chicago 1/16/2011
Jermaine Kearse, at Carolina 1/17/2016
DK Metcalf, vs. L.A. Rams 1/9/2021
DK Metcalf, at San Francisco 1/14/2023

Most Consecutive Games, TD Pass Caught

4 Jermaine Kearse, 2013-14
3 Darrell Jackson, 2004-05
Jerramy Stevens, 2005-06

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions, Career

4 John Harris, 1983-84 (5 games)
3 Kam Chancellor, 2010, 2012-16 (14 games)
2 Greggory Johnson, 1983 (3 games)
Kerry Justin, 1983 (3 games)
Michael Boulware, 2004-06 (6 games)
Earl Thomas, 2010, 2012-15 (12 games)
Malcolm Smith, 2012-14 (8 games)
Richard Sherman, 2012-16 (12 games)
Bobby Wagner, 2012-16, 2018-20 (16 games)

Most Interceptions, Game

2 John Harris, at Miami 12/29/1984
1 33 Times (Last: K.J. Wright, at Dallas 1/5/2019)

YARDS GAINED

Most Yards Gained, Career

92 Kam Chancellor, 2010, 2012-16 (14 games)
78 Marcus Trufant, 2003-05, 2007, 2010 (9 games)
76 Kelly Herndon, 2005 (3 games)

Most Yards Gained, Game

90 Kam Chancellor, vs. Carolina 1/10/2015
78 Marcus Trufant, vs. Washington 1/5/2008
76 Kelly Herndon, vs. Pittsburgh 2/5/2006

Longest Return

90t Kam Chancellor, vs. Carolina 1/10/2015
78t Marcus Trufant, vs. Washington 1/5/2008
76 Kelly Herndon, vs. Pittsburgh 2/5/2006

TOUCHDOWNS

Most Touchdowns, Career

1 Marcus Trufant, 2003-05, 2006, 2010 (9 games)
Jordan Babineaux, 2004-07, 2010 (10 games)
Malcolm Smith, 2012-14 (8 games)
Kam Chancellor, 2010, 2012-16 (14 games)

Most Touchdowns, Game

1 Marcus Trufant, vs. Washington 1/5/2008
Jordan Babineaux, vs. Washington 1/5/2008
Malcolm Smith, vs. Denver 2/2/2014
Kam Chancellor, vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Career

56 Jon Ryan, 2010, 2012-16 (14 games)
27 Jeff West, 1983-84 (5 games)
26 Michael Dickson, 2018-20, 2022 (5 games)

Most Punts, Game

9 Jon Ryan, at Chicago 1/16/2011
8 Jeff West, vs. L.A. Raiders 12/22/1984
Michael Dickson, vs. L.A. Rams 1/9/2021
7 5 Times (Last: Michael Dickson, at Dallas 1/5/2019)

Longest Punt

71 Michael Dickson, vs. L.A. Rams 1/9/2021
64 Michael Dickson, Green Bay 1/12/20
61 Jon Ryan, vs. New England 2/1/2015

INDIVIDUAL RECORDS - POSTSEASON

AVERAGE YARDAGE

Highest Average, Career (Min. 20 punts)

51.0 Michael Dickson, 2018-20, 2022 (26-1,325) 5 games
43.2 Tom Rouen 2003, 2005 (21-907) 4 games
39.2 Jon Ryan, 2010, 2012-16 (56-2,193) 14 games

Highest Average, Game (Min. 4 punts)

55.8 Michael Dickson, vs. L.A. Rams 1/9/2021 (8-446)
51.4 Michael Dickson, at Dallas 1/5/2019 (7-360)
50.2 Tom Rouen, vs. Pittsburgh 2/5/2006 (6-301)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

12 Nate Burleson, 2006-07 (4 games)
7 Bobby Joe Edmonds, 1987-88 (2 games)
Tyler Lockett, 2015, 2018-20 (6 games)

Most Punt Returns, Game

6 Nate Burleson, vs. Washington 1/5/2008
5 Kenny Easley, vs. L.A. Raiders 12/22/1984
Bobby Joe Edmonds, at Cincinnati 12/31/1988

YARDS GAINED

Most Yards Gained, Career

99 Nate Burleson, 2006-07 (4 games)
96 Bobby Joe Edmonds, 1987-88 (2 games)
58 Paul Johns, 1983 (3 games)

Most Yards Gained, Game

84 Nate Burleson, vs. Washington 1/5/2008
66 Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
58 Paul Johns, vs. Denver 12/24/1983

Longest Return

54 Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
20 Nate Burleson, vs. Washington 1/5/2008
19 Paul Johns, vs. Denver 12/24/1983

AVERAGE YARDAGE

Highest Average, Career (Min. 4 ret.)

14.5 Paul Johns, 1983 (4-58) 3 games
13.7 Bobby Joe Edmonds, 1987-88 (7-96) 2 games
11.0 Leon Washington, 2010, 2012 (11-55) 4 games

Highest Avg. Gain, Game (Min. 3 ret.)

14.5 Paul Johns, vs. Denver 12/24/1983 (4-58)
14.0 Nate Burleson, vs. Washington 1/5/2008 (6-84)
10.4 Kenny Easley, vs. L.A. Raiders 12/22/1984 (5-52)

TOUCHDOWNS

Most Touchdowns, Career

None

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

19 Nate Burleson, 2006-07 (4 games)
12 Leon Washington, 2010, 2012 (4 games)
11 Maurice Morris, 2003-07 (7 games)

Most Kickoff Returns, Game

6 Maurice Morris, vs. St. Louis 1/8/2005
Nate Burleson, at Chicago 1/14/2007 (OT)
Nate Burleson, at Green Bay 1/12/2008
Godwin Igwebuike, at San Francisco 1/14/2023

YARDS GAINED

Most Yards Gained, Career

402 Nate Burleson, 2006-07 (4 games)
305 Leon Washington, 2010, 2012 (4 games)
216 Tyler Lockett, 2015, 2018-19 (5 games)

Most Yards Gained, Game

194 Devin Hester, at Atlanta 1/14/2017
166 Nate Burleson, at Chicago 1/14/2007 (OT)
159 Charlie Rogers, vs. Miami 1/9/2000

Longest Return

87t Percy Harvin, vs. Denver 2/2/2014
85t Charlie Rogers, vs. Miami 1/9/2000
78 Devin Hester, at Atlanta 1/14/2017

AVERAGE YARDAGE

Highest Average, Career (Min. 5 ret.)

35.7 Devin Hester, 2016 (6-214) 2 games
27.0 Tyler Lockett, 2015, 2018-19 (8-216) 6 games
26.9 Doug Baldwin, 2012-16, 2018 (7-188) 13 games

Highest Average, Game (Min. 3 ret.)

39.87 Charlie Rogers, vs. Miami 1/9/2000 (4-159)
38.8 Devin Hester, at Atlanta 1/14/2017 (5-194)
36.3 Doug Baldwin, vs. San Francisco 1/19/2014 (3-109)

TOUCHDOWNS

Most Touchdowns, Career

1 Charlie Rogers, 1999 (1 game)
Percy Harvin, 2013 (2 games)

Most Touchdowns, Game

1 Charlie Rogers, vs. Miami 1/9/2000
Percy Harvin, vs. Denver 2/2/2014

FUMBLES

FUMBLES

Most Fumbles, Career

7 Russell Wilson, 2012-16, 2018-20 (16 games)
4 Matt Hasselbeck, 2003-07, 2010 (11 games)
3 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)

Most Fumbles, Game

2 Koren Robinson, vs. St. Louis 1/8/2005
Jimmy Williams, vs. Washington 1/14/2006
Russell Wilson, vs. San Francisco 1/19/2014

RECOVERIES

Most Own Fumbles Recovered, Career

5 Russell Wilson, 2012-16, 2018-20 (16 games)
2 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
1 Many Times

Most Opponents Fumbles Recovered, Career

2 Jeff Bryant, 1983-84, 1987-88 (7 games)
Michael Bennett, 2013-16 (10 games)
Clinton McDonald, 2012-13 (5 games)

Most Fumbles Recovered, Game, Own and Opp.

2 Jeff Bryant, at L.A. Raiders 1/8/1984 (2-Opp)
Russell Wilson, vs. Carolina 1/10/2015 (2-Own)
1 Many Times

YARDS GAINED

Longest Return

19 Marshawn Lynch, at Washington 1/6/2013
17 Michael Bennett, vs. San Francisco 1/19/2014
12 Lofa Tatupu, at Green Bay 1/12/2008

TOUCHDOWNS

Most Touchdowns

None

TACKLES

Most Tackles, Career

153 Bobby Wagner, 2012-16, 2018-20 (16 games)
109 K.J. Wright, 2012-16, 2018-20 (15 games)
91 Kam Chancellor, 2010, 2012-16 (14 games)

Most Tackles, Game

17 Brian Bosworth, at Houston 1/3/1988 (OT)
16 Bobby Wagner, vs. L.A. Rams 1/9/2021
15 Eugene Robinson, at Houston 1/3/1988 (OT)
Bobby Wagner, vs. San Francisco 1/19/2014

SACKS

Most Sacks, Career

6.5 Cliff Avril, 2013-16 (10 games)
4.5 Bruce Irvin, 2012-15, 2022 (11 games)
4.0 Rocky Bernard, 2003-07 (7 games)

Most Sacks, Game

2.5 Jacob Green, vs. L.A. Raiders 12/22/1984
2.0 Chike Okeafor, vs. St. Louis 1/8/2005
Rocky Bernard, vs. Carolina 1/22/2006
Bryce Fisher, vs. Dallas 1/6/2007
Cliff Avril, vs. Detroit 1/7/2017
Quinton Jefferson, at Philadelphia 1/5/2020

FORCED FUMBLES

Most Forced Fumbles, Career

3 Michael Bennett, 2013-16 (10 games)
2 Jacob Green, 1983-84, 1987-88 (7 games)
Bruce Scholtz, 1983-84, 1987-88 (7 games)
Bryce Fisher, 2005-06 (5 games)
Raheem Brock, 2010 (2 games)
Cliff Avril, 2013-16 (10 games)
Chris Clemons, 2010, 2012-13 (7 games)

Most Forced Fumbles, Game

2 Chris Clemons, vs. Denver 2/2/2014
1 Many Times (Last: Frank Clark, at Atlanta 1/14/2017)

BLOCKED KICKS

BLOCKED PUNTS

Most Blocked Punts, Career

None

Most Blocked Punts, Game

None

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

None

Most Blocked Field Goals, Game

None

BLOCKED PATS

Most Blocked PATs, Career

None

Most Blocked PATs, Game

None

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

None

Most Blocked Kicks, Game

None

TEAM RECORDS - POSTSEASON

GAMES

Most Consec. Years Participating in Postseason

5 2003-07
2012-16
3 2018-20
2 1983-84, 1987-88

Most Games

3 1983, 2005, 2013, 2014
2 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019
1 1987, 1988, 1999, 2003, 2004, 2018, 2020, 2022

Most Games Won

3 2013
2 1983, 2005, 2014
1 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Won

5 2013-14
2 1983, 2005
1 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Lost

6 1984-04
3 2019-2022
2 2016-18

SCORING

POINTS

Most Points, Game

43 vs. Denver, 2/2/2014
41 vs. New Orleans, 1/8/2011
35 vs. Washington, 1/5/2008

Fewest Points, Game

10 at Miami, 12/29/1984
vs. Pittsburgh, 2/5/2006
at Minnesota, 1/10/2016

Most Points, Both Teams, Game

77 Seattle (41) vs. New Orleans (36) 1/8/2011
64 Seattle (23) at San Francisco (41) 1/14/2023
62 Seattle (20) at Green Bay (42) 1/12/2008

Fewest Points, Both Teams, Game

19 Seattle (10) at Minnesota (9) 1/10/2016
20 Seattle (13) vs. L.A. Raiders (7) 12/22/1984
26 Seattle (17) at Philadelphia (9) 1/5/2020

Largest Margin of Victory, Game

35 Seattle (43) vs. Denver (8) 2/2/2014
24 Seattle (31) vs. Denver (7) 12/24/1983
21 Seattle (35) vs. Washington (14) 1/5/2008

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

16 vs. Green Bay 1/18/2015 (OT) (Trailed 16-0, Won 28-22)
14 at Washington 1/6/2013 (Trailed 14-0, Won 24-14)
10 vs. New Orleans 1/8/2011 (Trailed 10-0 and 17-7, Won 41-36)
vs. San Francisco 1/19/2014 (Trailed 10-0, Won 23-17)

Most Points, Each Half

1st: 24, vs. New Orleans 1/8/2011
22, vs. Denver 2/2/2014
20, vs. Carolina 1/22/2006
2nd: 28, at Atlanta 1/13/2013
25, vs. Washington 1/5/2008
24, at Chicago 1/16/2011
24, at Carolina 1/17/2016

Most Points, Each Quarter

1st: 14, at Green Bay 1/12/2008
10, vs. Carolina 1/22/2006
8, vs. Denver 2/2/2014
2nd: 17, vs. New Orleans 1/8/2011
17, at San Francisco 1/14/2023
14, at Chicago 1/14/2007 (OT)
14, vs. Denver 2/2/2014
14, vs. New England 2/1/2015
3rd: 14, at Green Bay 1/4/2004
14, vs. Denver 2/2/2014
14, at Carolina 1/17/2016
14, at Green Bay 1/12/20
4th: 22, vs. Washington 1/5/2008
21, at Chicago 1/16/2011
21, at Atlanta 1/13/2013
OT: 6, vs. Green Bay 1/18/2015
0, at Houston 1/3/1988
0, at Green Bay 1/4/2004
0, at Chicago 1/14/2007

TOUCHDOWNS

Most Touchdowns, Game

5 vs. New Orleans 1/8/2011
vs. Denver 2/2/2014
4 vs. Denver 12/24/1983
vs. Carolina 1/22/2006
vs. Washington 1/5/2008
at Atlanta 1/13/2013
vs. Carolina 1/10/2015
vs. Green Bay 1/18/2015 (OT)

Fewest Touchdowns, Game

1 vs. L.A. Raiders 12/22/1984
at Miami 12/29/1984
vs. Pittsburgh 2/5/2006
at Minnesota 1/10/2016

Most Touchdowns, Both Teams, Game

9 Seattle (5) vs. New Orleans (4) 1/8/2011
8 Seattle (2) at Green Bay (6) 1/12/2008
Seattle (3) at Chicago (5) 1/16/2011

Fewest Touchdowns, Both Teams, Game

1 Seattle (1) at Minnesota (0) 1/10/2016
2 Seattle (1) vs. L.A. Raiders (1) 12/22/1984
Seattle (2) at Philadelphia (0) 1/5/2020
3 Seattle (2) vs. Washington (1) 1/14/2006
Seattle (3) vs. Detroit (0) 1/7/2017

POINTS AFTER TOUCHDOWN

Most PAT, Game

5 vs. New Orleans 1/8/2011
vs. Denver 2/2/2014
4 vs. Denver 12/24/1983
vs. Carolina 1/22/2006
at Atlanta 1/13/2013
vs. Carolina 1/10/2015

Fewest PAT, Game

0 at Dallas 1/15/2019
1 7 Times (Last: at Minnesota 1/10/2016)

Most PAT, Both Teams, Game

8 Seattle (2) at Green Bay (6) 1/12/2008
Seattle (5) vs. New Orleans (3) 1/8/2011
Seattle (3) at Chicago (5) 1/16/2011

Fewest PAT, Both Teams, Game

1 Seattle (1) at Minnesota (0) 1/10/2016
2 Seattle (1) at L.A. Raiders (1) 12/22/1984
Seattle (2) vs. Detroit (0) 1/7/2017
Seattle (2) at Philadelphia (0) 1/5/20

FIELD GOALS

Most Field Goals, Game

3 at Washington 1/6/2013
vs. New Orleans 1/11/2014
vs. San Francisco 1/19/2014

Most Field Goals, Both Teams, Game

5 Seattle (2) at Houston (3) 1/3/1988 (OT)
Seatle (2) vs. New Orleans (3) 1/8/2011
Seattle (0) vs. Green Bay (5) 1/18/2015 (OT)
Seattle (2) vs. L.A. Rams (3) 1/9/2021
Seattle (1) at San Francisco (4) 1/14/2023

Most Field Goals Attempted, Game

3 7 Times (Last: at Dallas 1/5/2019)

Most Field Goals Attempted, Both Teams, Game

7 Seattle (2) at Houston (5) 1/3/1988 (OT)
5 9 Times (Last: Seattle (1) at L.A. Rams (4) 1/14/2023

FIRST DOWNS

FIRST DOWNS

Most First Downs, Game

28 at Atlanta 1/13/2013
27 vs. Carolina 1/22/2006
24 vs. St. Louis 1/8/2005
vs. Detroit 1/7/2017

Fewest First Downs, Game

8 at Miami 12/29/1984
11 at Houston 1/3/1988 (OT)
at Dallas 1/5/2019
vs. L.A. Rams 1/9/21

Most First Downs, Both Teams, Game

52 Seattle (28) at Atlanta (24) 1/13/2013
51 Seattle (19) vs. New Orleans (32) 1/8/2011
46 Seattle (24) vs. St. Louis (22) 1/8/2005
Seattle (22) at San Francisco (24) 1/14/2023

Fewest First Downs, Both Teams, Game

26 Seattle (15) vs. Washington (11) 1/14/2006
27 Seattle (13) at Minnesota (14) 1/10/2016
Seattls (11) vs. L.A. Rams (16) 1/9/21
30 Seattle (8) at Miami (22) 12/29/1984
Seattle (12) vs. Miami (18) 1/9/2000
Seattle (14) vs. San Francisco (16) 1/19/2014

BY RUSHING

Most First Downs, Rushing, Game

13 vs. Carolina 1/22/2006
12 at Miami 12/31/1983
vs. L.A. Raiders 12/22/1984
at Chicago 1/14/2007 (OT)
at Washington 1/6/2013

Fewest First Downs, Rushing, Game

0 vs. Miami 1/9/2000
1 at Houston 1/3/1988 (OT)
at Cincinnati 12/31/1988
at Chicago 1/16/2011

Most First Downs, Rushing, Both Teams, Game

21 Seattle (12) at Miami (9) 12/31/1983
20 Seattle (12) at Chicago (8) 1/14/2007 (OT)
18 Seattle (1) at Cincinnati (17) 12/31/1988

Fewest First Downs Rushing, Both Teams, Game

6 Seattle (2) at Minnesota (4) 1/10/2016
7 Seattle (0) vs. Miami (7) 1/9/2000
Seattle (3) vs. Washington (4) 1/5/2008

BY PASSING

Most First Downs, Passing, Game

19 at Atlanta 1/13/2013
18 at Carolina 1/17/2016
16 at Cincinnati 12/31/1988
at Green Bay 1/4/2004 (OT)

Fewest First Downs, Passing, Game

4 vs. L.A. Raiders 12/22/1984
5 vs. New Orleans 1/11/2014
vs. L.A. Rams 1/9/2021
6 at Miami 12/29/1984
at Chicago 1/14/2007 (OT)
at Dallas 1/5/2019

Most First Downs, Passing, Both Teams, Game

35 Seattle (13) vs. New Orleans (22) 1/8/2011
35 Seattle (19) at Atlanta (16) 1/13/2013
31 Seattle (10) vs. New England (21) 2/1/2015

Fewest First Downs Passing, Both Teams, Game

12 Seattle (4) vs. L.A. Raiders (8) 12/22/1984
Seattle (5) vs. L.A. Rams (7) 1/9/2021
15 Seattle (9) at Minnesota (6) 1/10/2016
Seattle (8) vs. Washington (7) 1/14/2006

TEAM RECORDS - POSTSEASON

BY PENALTY

Most First Downs, Penalty, Game

4 vs. Dallas 1/6/2007
3 vs. Carolina 1/22/2006
at Green Bay 1/12/2008
at Chicago 1/16/2011

Most First Downs, Penalty, Both Teams, Game

6 Seattle (2) vs. St. Louis (4) 1/8/2005
Seattle (2) at Minnesota (4) 1/10/2016
Seattle (2) at Philadelphia (4) 1/5/2020
5 Seattle (3) vs. Carolina (2) 1/22/2006
Seattle (4) vs. Dallas (1) 1/6/2007
Seattle (2) vs. New Orleans (3) 1/8/2011
Seattle (2) vs. New Orleans (3) 1/11/2014
Seattle (2) vs. New England (3) 2/1/2015

TOTAL NET YARDS

NET YARDS

Most Net Yards Gained, Game

491 at Atlanta, 1/13/2013
415 vs. New Orleans, 1/8/2011
413 vs. St. Louis, 1/8/2005

Fewest Net Yards Gained, Game

167 at L.A. Raiders 1/8/1984
171 vs. Miami 1/9/2000
200 at Green Bay 1/12/2008

Most Yards Gained, Both Teams, Game

908 Seattle (491) at Atlanta (417) 1/13/2013
889 Seattle (415) vs. New Orleans (474) 1/8/2011
837 Seattle (332) at San Francisco (505) 1/14/2023

Fewest Yards Gained, Both Teams, Game

409 Seattle (226) at Minnesota (183) 1/10/2016
470 Seattle (171)vs. Miami (299) 1/9/2000
491 Seattle (251) vs. L.A. Raiders (240) 12/22/1984

RUSHING

ATTEMPTS

Most Attempts, Game

51 vs. L.A. Raiders 12/22/1984
vs. Carolina 1/22/2006
42 at Miami 12/31/1983

Fewest Attempts, Game

11 at Houston 1/3/1988 (OT)
12 at Chicago 1/16/2011
at Carolina 1/17/2016

Most Attempts, Both Teams, Game

76 Seattle (51) vs. L.A. Raiders (25) 12/22/1984
72 Seattle (42) at Miami (30) 12/31/1983
71 Seattle (38) vs. Denver (33) 12/24/1983

Fewest Attempts, Both Teams, Game

43 Seattle (29) vs. Denver (14) 2/2/2014
46 Seattle (24) vs. New Orleans (22) 1/8/2011
47 Seattle (20) vs. St. Louis (27) 1/8/2005

YARDS GAINED

Most Yards Gained, Game

224 at Washington 1/6/2013
205 vs. L.A. Raiders 12/22/1984
194 vs. Green Bay 1/18/2015 (OT)

Fewest Yards Gained, Game

22 at Cincinnati 12/31/1988
28 at Green Bay 1/12/2008
29 at Houston 1/3/1988 (OT)

Most Yards Gained, Both Teams, Game

329 Seattle (194) vs. Green Bay (135) 1/18/2015 (OT)
328 Seattle (224) at Washington (104) 1/6/2013
318 Seattle (137) vs. Pittsburgh (181) 2/5/2006

Fewest Yards Gained, Both Teams, Game

127 Seattle (49) at Green Bay (78) 1/4/2004 (OT)
149 Seattle (41) vs. Miami (108) 1/9/2000
152 Seattle (77) vs. Washington (75) 1/5/2008

AVERAGE GAIN

Highest Average Gain, Game

6.50 at Carolina 1/17/2016 (12-78)
6.25 vs. New Orleans 1/8/2011 (24-150)
6.05 at Washington 1/6/2013 (37-224)

Lowest Average Gain, Game

1.38 at Cincinnati 12/31/1988 (16-22)
1.56 at Green Bay 1/12/2008 (18-28)
2.05 vs. Miami 1/9/2000 (20-41)

TOUCHDOWN

Most Touchdowns, Game

3 at Green Bay 1/4/2004 (OT)
2 at Miami 12/31/1983
vs. Carolina 1/22/2006
at Chicago 1/14/2007 (OT)
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Green Bay 1/18/2015 (OT)
at Green Bay 1/12/2020

Fewest Touchdowns, Game

0 13 Times (Last: at Atlanta 1/14/2017)

Most Touchdowns, Both Teams, Game

5 Seattle (3) at Green Bay (2) 1/4/2004 (OT)
4 Seattle (1) at Cincinnati (3) 12/31/1988
Seattle (2) at Chicago (2) 1/14/2007 (OT)
Seattle (1) at Green Bay (3) 1/12/2008
Seattle (2) at Green Bay (2) 1/12/2020

Fewest Touchdowns, Both Teams, Game

0 Seattle (0) vs. L.A. Raiders (0) 12/22/1984
Seattle (0) vs. Dallas (0) 1/6/2007
Seattle (0) vs. Carolina (0) 1/10/2015
Seattle (0) at Minnesota (0) 1/10/2016

PASSING

ATTEMPTS

Most Attempts, Game

50 at Cincinnati 12/31/1988
49 vs. Pittsburgh 2/5/2006
48 at Carolina 1/17/2016

Fewest Attempts, Game

10 vs. L.A. Raiders 12/22/1984
13 vs. Denver 12/24/1983
18 vs. New Orleans 1/11/2014

Most Attempts, Both Teams, Game

95 Seattle (35) vs. New Orleans (60) 1/8/2011
83 Seattle (45) at Green Bay (38) 1/4/2004 (OT)
82 Seattle (32) vs. Washington (50) 1/5/2008

Fewest Attempts, Both Teams, Game

37 Seattle (10) at L.A. Raiders (27) 12/22/1984
47 Seattle (13) vs. Denver (34) 12/24/1983
49 Seattle (25) vs. San Francisco (24) 1/19/2014

COMPLETIONS

Most Completions, Game

31 at Carolina 1/17/2016
27 vs. St. Louis 1/8/2005
26 vs. Pittsburgh 2/5/2006
at Chicago 1/16/2011

Fewest Completions, Game

4 vs. L.A. Raiders 12/22/1984
9 vs. New Orleans 1/11/2014
11 vs. L.A. Rams 1/9/2021

Most Completions, Both Teams, Game

61 Seattle (22) vs. New Orleans (39) 1/8/2011
52 Seattle (18) vs. Denver (34) 2/2/2014
51 Seattle (25) at Green Bay (26) 1/4/2004

Fewest Completions, Both Teams, Game

18 Seattle (4) vs. L.A. Raiders (14) 12/22/1984
23 Seattle (11) vs. L.A. Rams (12) 1/9/2021
28 Seattle (15) at Washington (13) 1/6/2013

Highest Completion %, Game (Min. 20 att.)

76.67 vs. Detroit 1/7/2017 (30-23)
71.43 vs. Carolina 1/22/2006 (20-28)
at San Francisco 1/14/2023 (25-35)
69.23 vs. Denver 2/2/2014 (26-18)

Lowest Completion %, Game (Min. 20 att.)

40.74 vs. L.A. Rams 1/9/2021 (11-27)
41.03 at Houston 1/3/1988 (16-39) (OT)
46.67 vs. Miami 1/9/2000 (14-30)

YARDS GAINED

Most Yards Gained, Game

368 at Atlanta 1/13/2013
332 vs. St. Louis 1/8/2005
325 at Carolina 1/17/2016

Fewest Yards Gained, Game

46 vs. L.A. Raiders 12/22/1984
102 at L.A. Raiders 1/8/1984
103 vs. New Orleans 1/11/2014

Most Yards Gained, Both Teams, Game

662 Seattle (265) vs. New Orleans (397) 1/8/2011
626 Seattle (332) vs. St. Louis (294) 1/8/2005
618 Seattle (368) at Atlanta (250) 1/13/2013

Fewest Yards Gained, Both Teams, Game

181 Seattle (46) vs. L.A. Raiders (135) 12/22/1984
254 Seattle (129) at Minnesota (125) 1/10/2016
255 Seattle (156) at Washington (99) 1/6/2013

TOUCHDOWNS

Most Touchdowns, Game

4 vs. New Orleans 1/8/2011
3 vs. Denver 12/24/1983
at Chicago 1/16/2011
vs. Carolina 1/10/2015
at Carolina 1/17/2016

Most Touchdowns, Both Teams, Game

6 Seattle (4) vs. New Orleans (2) 1/8/2011
Seattle (2) vs. New England (4) 2/1/2015
5 Seattle (3) at Chicago (2) 1/16/2011
Seattle (2) at Atlanta (3) 1/13/2013
Seattle (3) vs. Carolina (2) 1/10/2015
Seattle (2) at Atlanta (3) 1/14/2017
Seattle (2) at San Francisco (3) 1/14/2023

TIMES SACKED

Most Times Sacked, Game

6 vs. Miami 1/9/2000
5 at Washington 1/6/2013
vs. Green Bay 1/18/2015 (OT)
at Carolina 1/17/2016
at Green Bay 1/12/2020
vs. L.A. Rams 1/9/2021

Fewest Times Sacked, Game

0 vs. Washington 1/14/2006
vs. Dallas 1/6/2007
vs. Denver 2/2/2014

Most Times Sacked, Both Teams, Game

8 Seattle (2) vs. L.A. Raiders (6) 12/22/1984
Seattle (3) vs. St. Louis (5) 1/8/2005
Seattle (1) at Philadelphia (7) 1/5/2020
Seattle (5) vs. L.A. Rams (3) 1/9/2021
7 Seattle (6) vs. Miami (1) 1/9/2000
Seattle (5) at Washington (2) 1/6/2013
Seattle (5) at Green Bay (2) 1/12/2020

Fewest Times Sacked, Both Teams, Game

1 Seattle (1) at Miami (0) 12/31/1983
Seattle (0) vs. Denver (1) 2/2/2014
2 6 Times (Last: Seattle [1] at Dallas [1] 1/5/2019)

TEAM RECORDS - POSTSEASON

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Game

3	vs. Carolina 1/22/2006
2	13 Times (Last: vs. New England 2/1/2015)

Most Interceptions By, Both Teams, Game

7	Seattle (2) at L.A. Raiders (5) 1/8/1984
6	Seattle (2) vs. Green Bay (4) 1/18/2015 (OT)
4	Seattle (2) vs. Washington (2) 1/5/2008

YARDS RETURNED

Most Yards Returned, Game

135	vs. Washington 1/5/2008
90	vs. Carolina 1/10/2015
76	vs. Pittsburgh 2/5/2006

Most Yards Returned, Both Teams, Game

137	Seattle (135) vs. Washington (2) 1/5/2008
100	Seattle (76) vs. Pittsburgh (24) 2/5/2006
90	Seattle (90) vs. Carolina (0) 1/10/2015

TOUCHDOWNS

Most Touchdowns, Game

2	vs. Washington 1/5/2008
1	vs. Denver 2/2/2014
	vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Game

9	at Chicago 1/16/2011
8	vs. L.A. Raiders 12/22/1984
	vs. L.A. Rams 1/9/2021
7	at Miami 12/29/1984
	at Houston 1/3/1988 (OT)
	vs. Miami 1/9/2000
	vs. Washington 1/5/2008
	at Dallas 1/5/2019

Fewest Punts, Game

1	vs. Denver 2/2/2014
2	vs. San Francisco 1/19/2014
	at Atlanta 1/14/2017

Most Punts, Both Teams, Game

16	Seattle (8) vs. L.A. Raiders (8) 12/22/1984
15	Seattle (7) vs. Miami (8) 1/9/2000
	Seattle (7) vs. Washington (8) 1/5/2008
	Seattle (8) vs. L.A. Rams (7) 1/9/2021

Fewest Punts, Both Teams, Game

3	Seattle (1) vs. Denver (2) 2/2/2014
5	Seattle (3) at Atlanta (2) 1/13/2013
	Seattle (2) at Atlanta (3) 1/14/2017
	Seattle (4) at San Francisco (1) 1/14/2023

AVERAGE YARDAGE

Highest Average, Punting, Game (Min. 4 punts)

55.75	vs. L.A. Rams 1/9/2021 (8-446)
51.43	at Dallas 1/5/2019 (7-360)
50.20	vs. Pittsburgh 2/5/2006 (6-301)

Lowest Average, Punting, Game (Min. 4 punts)

32.00	at L.A. Raiders 1/8/1984 (5-160)
35.00	vs. Dallas 1/6/2007 (5-175)
	at Chicago 1/16/2011 (9-315)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Game

6	vs. Washington 1/5/2008
5	vs. L.A. Raiders 12/22/1984
	at Cincinnati 12/31/1988

Fewest Punt Returns, Game

0	at L.A. Raiders 1/8/1984
	at Miami 12/31/1983
	at Green Bay 1/12/2008
	vs. Denver 2/2/2014

Most Punt Returns, Both Teams, Game

9	Seattle (3) vs. Miami (6) 1/9/2000
	Seattle (3) at Dallas (6) 1/5/2019
8	Seattle (5) vs. L.A. Raiders (3) 12/22/1984
	Seattle (5) at Cincinnati (3) 12/31/1988

Fewest Punt Returns, Both Teams, Game

1	Seattle (0) at L.A. Raiders (1) 1/8/1984
	Seattle (0) at Green Bay (1) 1/12/2008
	Seattle (1) vs. New Orleans (0) 1/11/2014
	Seattle (0) vs. Denver (1) 2/2/2014
	Seattle (1) vs. Carolina (0) 1/10/2015
	Seattle (1) at Philadelphia (0) 1/5/2020

YARDAGE GAINED

Most Yards Gained, Game

84	vs. Washington 1/5/2008
66	at Houston 1/3/1988 (OT)
58	vs. Denver 12/24/1983

Fewest Yards Gained, Game

-1	vs. Washington 1/14/2006
0	at Miami 12/31/1983
	at L.A. Raiders 1/8/1984
	at Green Bay 1/12/2008
	vs. Denver 2/2/2014
	at Atlanta 1/14/2017
	at San Francisco 1/14/2023

Most Yards Gained, Both Teams, Game

102	Seattle (22)at Dallas (80) 1/5/2019
93	Seattle (66 at Houston (27) 1/3/1988 (OT)
87	Seattle (24) vs. Miami (63) 1/9/2000

Fewest Yards, Gained, Both Teams, Game

1	Seattle (0) at L.A. Raiders (1) 1/8/1984
2	Seattle (-1) vs. Washington (3) 1/14/2006
	Seattle (0) at Green Bay (2) 1/12/2008

TOUCHDOWNS

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Game

7	at L.A. Raiders 1/8/1984
	at Green Bay 1/4/2004 (OT)
	at Green Bay 1/12/2008
	at Green Bay 1/12/2020

Fewest Kickoff Returns, Game

0	vs. New England 2/1/2015
1	at Atlanta 1/13/2013
	vs. New Orleans 1/11/2014
	vs. Carolina 1/10/2015
	at Minnesota 1/10/2016
	vs. Detroit 1/7/2017
	at Dallas 1/5/2019

Most Kickoff Returns, Both Teams, Game

13	Seattle (7) at Green Bay (6) 1/4/2004 (OT)
12	Seattle (7) at Green Bay (5) 1/12/2008
	Seattle (5) vs. New Orleans (7) 1/8/2011

Fewest Kickoff Returns, Both Teams, Game

2	Seattle (1) at Dallas (1) 1/5/2019
3	Seattle (1) vs. New Orleans (2) 1/11/2014
	Seattle (0) vs. New England (3) 2/1/2015

YARDS GAINED

Most Yards Gained, Game

194	at Atlanta 1/14/2017
166	at Chicago 1/14/2007 (OT)
164	at San Francisco 1/14/2023

Fewest Yards Gained, Game

0	vs. New England 2/1/2015
12	at Minnesota 1/10/2016
19	vs. Washington 1/5/2008

Most Yards Gained, Both Teams, Game

271	Seattle (111) vs. Dallas (160) 1/6/2007
247	Seattle (159) vs. Miami (88) 1/9/2000
239	Seattle (166) at Chicago (73) 1/14/2007 (OT)

Fewest Yards Gained, Both Teams, Game

49	Seattle (0) vs. New England (49) 2/1/2015
64	Seattle (21) vs. New Orleans (43) 1/11/2014
66	Seattle (38) vs. L.A. Raiders (28) 12/22/1984

TOUCHDOWNS

Most Touchdowns, Game

1	vs. Miami 1/9/2000
	vs. Denver 2/2/2014

PENALTIES

PENALTIES

Most Penalties, Game

11	at Philadelphia 1/5/2020
10	vs. Denver 2/2/2014
9	vs. St. Louis 1/8/2005
	vs. L.A. Rams 1/9/2021

Fewest Penalties, Game

2	5 Times (Last: vs. Washington 1/14/2006)
3	6 Times (Last: at Carolina 1/17/2016)

Most Penalties, Both Teams, Game

18	Seattle (11) at Philadelphia (7) 1/5/2020
15	Seattle (7) vs. L.A. Raiders (8) 12/22/1984
	Seattle (8) vs. San Francisco (7) 1/19/2014
	Seattle (10) vs. Denver (5) 2/2/2014

Fewest Penalties, Both Teams, Game

5	Seattle (4) at Miami (1) 12/29/1984
6	Seattle (3) at Carolina (3) 1/17/2016
7	5 Times (Last: Seattle [4] at Washington [3] 1/6/2013)

YARDS PENALIZED

Most Yards Penalized, Game

114	at Philadelphia 1/5/2020
104	vs. Denver 2/2/2014
70	vs. Pittsburgh 2/5/2006
	vs. New England 2/1/2015

Fewest Yards Penalized, Game

10	vs. Miami 1/9/2000
	Vs. Washington 1/14/2006
15	at Miami 12/31/1983
	at Green Bay 1/4/2004(OT)
	vs. Dallas 1/6/2007

Most Yards Penalized, Both Teams, Game

159	Seattle (114) at Philadelphia (45) 1/5/2020
148	Seattle (104) vs. Denver (44) 2/2/2014
131	Seattle (66) vs. San Francisco (65) 1/19/2014

Fewest Yards Penalized, Both Teams, Game

25	Seattle (20) at Miami (5) 12/29/1984
45	5 Times (Last: Seattle [20] at Carolina [25] 1/17/2016)

FUMBLES

FUMBLES

Most Fumbles, Game

5	vs. Washington 1/14/2006
3	vs. San Francisco 1/19/2014
2	6 Times (Last: at Minnesota 1/10/2016)

Fewest Fumbles, Game

0	Many Times (Last: at Green Bay 1/12/2020)

TEAM RECORDS - POSTSEASON

Most Fumbles, Both Teams, Game

6 Seattle (5) vs. Washington (1) 1/14/2006
Seattle (3) vs. San Francisco (3) 1/19/2014
5 Seattle (1) vs. Dallas (4) 1/6/2007
Seattle (2) vs. Carolina (3) 1/10/2015
Seattle (2) at Philadelphia (3) 1/5/2020

Fewest Fumbles, Both Teams, Game

0 Seattle (0) vs. Miami (0) 1/9/2000
Seattle (0) vs. Pittsburgh (0) 2/5/2006
Seattle (0) vs. New England (0) 2/1/2015
Seattle (0) at Dallas (0) 1/5/2019
Seattle (0) at Green Bay (0) 1/12/2020

Most Fumbles Lost, Game

3 vs. Washington 1/14/2006
1 9 Times (Last: at San Francisco 1/14/2023)

Fewest Fumbles Lost, Game

0 ManyTimes (Last: at Green Bay 1/12/2020)

FUMBLES RECOVERED

Most Total Fumbles Recovered, Game

3 at Miami 12/31/1983 (3-opp)
at L.A. Raiders 1/8/1984 (2-opp, 1-own)
vs. Washington 1/14/2006 (1-opp, 2-own)
at Green Bay 1/12/2008 (2-opp, 1-own)
vs. San Francisco 1/19/2014 (1-opp, 2-own)
vs. Carolina 1/10/2015 (1-opp, 2-own)
at Minnesota 1/10/2016 (1-opp, 2-own)

Most Own Fumbles Recovered, Game

2 vs. Washington 1/14/2006
vs. San Francisco 1/19/2014
vs. Carolina 1/10/2015
at Minnesota 1/10/2016
at Philadelphia 1/5/2020

TURNOVERS

Most Turnovers, Game

5 at L.A. Raiders 1/8/1984 (5-Ints)
vs. Green Bay 1/18/2015 (OT) (4-Ints, 1-Fum)
3 at Cincinnati 12/31/1988 (2-Ints, 1-Fum)
vs. Washington 1/14/2006 (3-Fum)

Fewest Turnovers, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Turnovers, Both Teams, Game

9 Seattle (5) at L.A. Raiders (4) 1/8/1984 (7-Ints, 2-Fums)
7 Seattle (5)vs. Green Bay (2) 1/18/2015 (OT) (6-Ints, 1-Fum)
6 Seattle (1) at Miami (5) 12/31/1983

Fewest Turnovers, Both Teams, Game

0 Seattle (0) vs. Detroit (0) 1/7/2017
Seattle (0) at Philadelphia (0) 1/5/2020
Seattle (0) at Green Bay (0) 1/12/2020
1 Seattle (1) at Green Bay (0) 1/4/2004 (OT) (1-Int)
Seattle (0) at Chicago (1) 1/16/2011 (1-Int)
Seattle (0) vs. New Orleans (1) 1/11/2014 (1-Fum)
Seattle (0) at Dallas (1) 1/5/2019 (1-Int)

DEFENSIVE SCORING

POINTS ALLOWED

Most Points Allowed, Game

42 at Green Bay 1/12/2008
41 at San Francisco 1/16/2023
36 vs. New Orleans 1/8/2011
at Atlanta 1/14/2017

Fewest Points Allowed, Game

6 vs. Detroit 1/7/2017
7 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984

TOUCHDOWNS ALLOWED

Most Touchdowns Allowed, Game

6 at Green Bay 1/12/2008
5 at Chicago 1/16/2011
4 8 Times (Last: at San Francisco 1/14/2023)

Fewest Touchdowns Allowed, Game

0 at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020
1 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984
vs. Washington 1/14/2006
vs. Denver 2/2/2014
vs. Green Bay 1/18/2005

DEFENSIVE FIRST DOWNS

FIRST DOWNS ALLOWED

Most First Downs Allowed, Game

32 vs. New Orleans 1/8/2011
28 at Atlanta 1/14/2017
27 at Houston 1/3/1988

Fewest First Downs Allowed, Game

11 vs. Washington 1/14/2006
vs. Carolina 1/22/2006
13 vs. Detroit 1/7/2017

BY RUSHING

Most First Downs Allowed, Rushing, Game

17 at Cincinnati 12/31/1988
11 at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest First Downs Allowed, Rushing, Game

1 vs. New England 2/1/2015
2 vs. Carolina 1/22/2006
vs. Denver 2/2/2014
vs. Detroit 1/7/2017

BY PASSING

Most First Downs Allowed, Passing, Game

22 vs. New Orleans 1/8/2011
21 vs. New England 2/1/2015
19 at Atlanta 1/14/2017

Fewest First Downs Allowed, Passing, Game

5 at Cincinnati 12/31/1988
6 at Minnesota 1/10/2016
7 vs. Washington 1/14/2006
vs. Carolina 1/22/2006
vs. L.A. Rams 1/9/2021

BY PENALTY

Most First Downs Allowed, Penalty, Game

4 vs. St. Louis 1/8/2005
at Minnesota 1/10/2016
at Philadelphia 1/5/2020
3 6 Times (Last: at Dallas 1/5/2019)

OPPONENTS PLAYS

PLAYS ALLOWED

Most Opponent Plays Allowed, Game

84 at Houston 1/3/1988 (OT)
83 vs. New Orleans 1/8/2011
82 vs. Washington 1/5/2008

Fewest Opponent Plays Allowed, Game

49 vs. Carolina 1/22/2006
50 vs. Detroit 1/7/2017
54 at Washington 1/6/2013
vs. San Francisco 1/19/2014

BY RUSHING

Most Opponent Plays Allowed, Rushing, Game

50 at Houston 1/3/1988 (OT)
47 at Cincinnati 12/31/1988
46 at L.A. Raiders 1/8/1984

Fewest Opponent Plays Allowed, Rushing, Game

12 vs. Carolina 1/22/2006
14 vs. Denver 2/2/2014
15 vs. Detroit 1/7/2017

BY PASSING

Most Opponent Plays Allowed, Passing, Game

61 vs. New Orleans 1/8/2011
53 vs. Washington 1/5/2008
51 vs. New England 2/1/2015

Fewest Opponent Plays Allowed, Passing, Game

21 at Cincinnati 12/31/1988
23 vs. Pittsburgh 2/5/2006
at Carolina 1/17/2016

NET YARDS ALLOWED

NET YARDS

Most Net Yards Allowed, Game

505 at San Francisco 1/14/2023
474 vs. New Orleans 1/8/2011
437 at Houston 1/3/1988 (OT)
at Chicago 1/16/2011

Fewest Net Yards Allowed, Game

183 at Minnesota 1/10/2016
203 at Washington 1/6/2013
212 vs. Carolina 1/22/2006

OPPONENTS RUSHING

YARDS GAINED

Most Yards Allowed, Rushing, Game

254 at Cincinnati 12/31/1988
235 at Green Bay 1/12/2008
205 at L.A. Raiders 1/8/1984

Fewest Yards Allowed, Rushing, Game

27 vs. Denver 2/2/2014
36 vs. Carolina 1/22/2006
49 vs. Detroit 1/7/2017

TOUCHDOWNS

Most Touchdowns Allowed, Rushing, Game

3 at Cincinnati 12/31/1988
at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest Touchdowns Allowed, Rushing, Game

0 Many Times (Last: at Philadelphia 1/5/2020)

OPPONENTS PASSING

YARDS GAINED

Most Yards Allowed, Passing, Game

397 vs. New Orleans 1/8/2011
324 at San Francisco 1/14/2023
323 at Atlanta 1/14/2017

Fewest Yards Allowed, Passing, Game

91 at Cincinnati 12/31/1988
99 at Washington 1/6/2013
125 at Minnesota 1/10/2016

TOUCHDOWNS

Most Touchdowns Allowed, Passing, Game

4 vs. New England 2/1/2015
3 at Miami 12/29/1984
at Green Bay 1/12/2008
at Atlanta 1/13/2013
at Atlanta 1/14/2017
at San Francisco 1/14/2023

Fewest Touchdowns Allowed, Passing, Game

0 at Cincinnati 12/31/1988
at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020

TEAM RECORDS - POSTSEASON

SACKS

Most Sacks, Game

7 at Philadelphia 1/5/2020
6 vs. L.A. Raiders 12/22/1984
5 vs. St. Louis 1/8/2005

Fewest Sacks, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Atlanta 1/13/2013

Most Opp. Yards Lost Attempting to Pass, Game

49 vs. L.A. Raiders 12/22/1984
31 at Chicago 1/14/2007 (OT)
23 vs. Detroit 1/7/2017

Fewest Opp. Yds. Lost Attempting to Pass, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Green Bay 1/12/2008
at Atlanta 1/13/2013

OPPONENTS INTERCEPTIONS

INTERCEPTIONS

Most Passes Intercepted By, Game

3 vs. Carolina 1/22/2006
2 13 Times (Last: vs. New England 2/1/15)

Fewest Passes Intercepted By, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Consecutive Games, One or More Int. By

6 1983-84, 1987

Most Yards Returning Interceptions, Game

135 vs. Washington 1/5/2008
90 vs. Carolina 1/10/2015
76 vs. Pittsburgh 2/5/2006

Fewest Yards Returning Interceptions, Game

0 Many Times (Last: at Philadelphia 1/5/2020)

Most Touchdowns Returning Interceptions, Game

2 vs. Washington 1/5/2008
1 vs. Denver 2/2/2014
vs. Carolina 1/10/2015

PUNT RETURNS ALLOWED

PUNT RETURNS

Most Opponent Punt Returns, Game

6 vs. Miami 1/9/2000
at Dallas 1/5/2019
4 at Houston 1/3/1988 (OT)

Fewest Opponent Punt Returns, Game

0 vs. Washington 1/5/2008
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Carolina 1/10/2015
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Punt Returns, Game

80 at Dallas 1/5/2019
63 vs. Miami 1/9/2000
59 vs. Carolina 1/22/2006

Fewest Yards Allowed, Punt Returns, Game

0 8 Times (Last: at Philadelphia 1/5/2020)

Longest Return, Allowed, Game

59t vs. Carolina 1/22/2006
51 at Dallas 1/5/2019
29 vs. Green Bay 1/18/2015

TOUCHDOWNS

Most Touchdowns Allowed, Punt Return, Game

1 vs. Carolina (by Steve Smith) 1/22/2006

KICKOFF RETURNS ALLOWED

KICKOFF RETURNS

Most Opponent Kickoff Returns, Game

7 vs. Carolina 1/22/2006
vs. Washington 1/5/2008
vs. New Orleans 1/8/2011

Fewest Opponent Kickoff Returns, Game

1 vs. Green Bay 1/18/2015
at Atlanta 1/14/2017
at Dallas 1/5/2019
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Kickoff Returns, Game

189 vs. Washington 1/5/2008
160 vs. Dallas 1/6/2007
143 vs. Carolina 1/22/2006

Fewest Yards Allowed, Kickoff Returns, Game

15 at Dallas 1/5/2019
18 vs. Green Bay 1/18/2015 (OT)
at Atlanta 1/14/2017

Longest Return Allowed, Game

93t vs. Dallas 1/6/2007
55 vs. Washington 1/5/2008
47 vs. Miami 1/9/2000

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Game

1 vs. Dallas (by Miles Austin) 1/6/2007

TAKEAWAYS

NO. OF TIMES LOSING BALL (INT, FUM)

Most Opponents Turnovers, Game

5 at Miami 12/31/1983
4 at L.A. Raiders 1/8/1984
vs. Carolina 1/22/2006
vs. Denver 2/2/2014

Fewest Opponents Turnovers, Game

0 vs. Miami 1/9/2000
at Green Bay 1/4/2004
at Carolina 1/17/2016
vs. Detroit 1/7/2017
at Atlanta 1/14/2017
at Philadelphia 1/5/2020
at Green Bay 1/12/2020
vs. L.A. Rams 1/9/2021
at San Francisco 1/14/2023

TIME OF POSSESSION

TIME OF POSSESSION

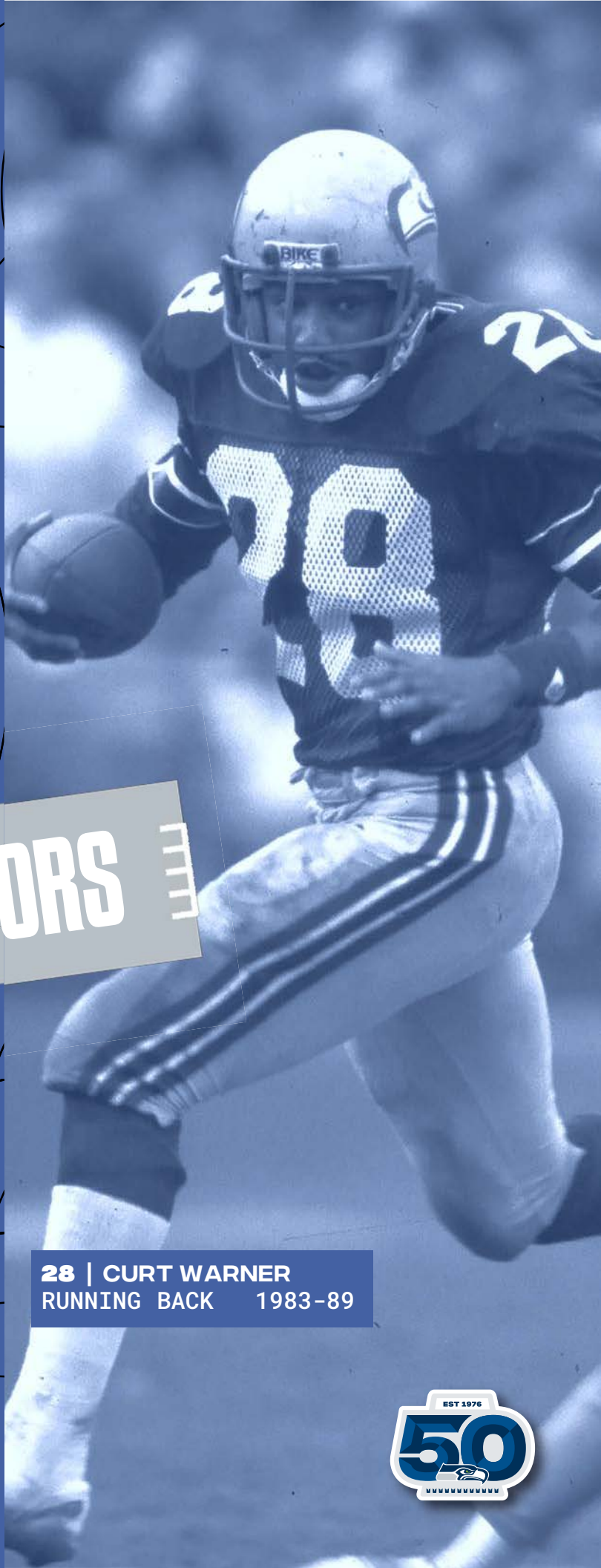
Highest Time of Possession Allowed, Game

47:44 at Houston 1/3/1988 (OT)
37:10 at Chicago 1/16/2011
37:06 at L.A. Raiders 1/8/1984

Lowest Time of Possession Allowed, Game

18:09 vs. Carolina 1/22/2006
23:21 vs. Detroit 1/7/2017
25:02 at Miami 12/31/1983

ALL-TIME HONORS



28 | CURT WARNER
RUNNING BACK 1983-89

ALL-TIME HONORS

CAPTAINS

	Offense	Defense	Special Teams
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987	Steve Largent, WR Curt Warner, RB	Kenny Easley, S	Paul Moyer, S
1988	Steve Largent, WR	Jacob Green, DE Eugene Robinson, S	Game-to-Game
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB Trey Junkin, TE
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB Chris Warren, RB	Winston Moss, LB Terry Wooden, LB	Rick Tuten, P
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB Kevin Glover, C	Darryl Williams, S Michael Sinclair, DE	Jay Bellamy, S
1999	Jon Kitna, QB *Ricky Watters, RB*	Chad Brown, LB *Cortez Kennedy, DT*	Fabien Bownes, WR *James Logan, LB*

Captains chosen by head coach Mike Holmgren; playoff captains in *italics.*

2000	No team-selected captains for the season.		
2001	Matt Hasselbeck, QB Robbie Tobeck, C Ricky Watters, RB	Chad Brown, LB Levon Kirkland, LB Marcus Robertson, S	
2002	Trent Dilfer, QB Robbie Tobeck, C Mack Strong, FB	Chad Brown, LB Chad Eaton, DT Marcus Robertson, S	
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB Shaun Alexander, RB*	Grant Wistrom, DE Lofa Tatupu, LB*	Alex Bannister, WR Josh Scobey, KR*
2006	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Ken Hamlin, FS	J.P. Darche, LS Jimmy Williams, CB
2007	Matt Hasselbeck, QB Mack Strong, FB	Lofa Tatupu, LB Deon Grant, SS	Josh Brown, K Niko Koutouvides, LB
2008	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB D.D. Lewis, LB
2009	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB Olindo Mare, K
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB
2011	Tarvaris Jackson, QB	Marcus Trufant, CB	Michael Robinson, FB Leon Washington, RB
2012	Max Unger, C	Red Bryant, DE	Heath Farwell, LB Michael Robinson, FB
2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB

* Playoff Captain

CAPTAINS, CONTINUED

	Offense	Defense	Special Teams
2014	Russell Wilson, QB	Kam Chancellor, S	Steven Hauschka, K Jon Ryan, P
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P
2016	Russell Wilson, QB	Kam Chancellor, S	Jon Ryan, P DeShawn Shead, CB
2017	Russell Wilson, QB	Kam Chancellor, S Bobby Wagner, LB	Jon Ryan, P
2018	Russell Wilson, QB	Bobby Wagner, LB	S. Janikowski, K Neiko Thorpe, CB
2019	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB
2020	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB
2021	Russell Wilson, QB	Bobby Wagner, LB	Nick Bellore, LB
2022	Tyler Lockett, WR	Quandre Diggs, S Al Woods, NT	Nick Bellore, LB
2023	Tyler Lockett, WR Geno Smith, QB	Quandre Diggs, S Bobby Wagner, LB	Nick Bellore, LB Jason Myers, K
2024	Captains chosen weekly by head coach Mike Macdonald.		

STEVE LARGENT AWARD

(presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	**2007**	Bobby Engram	WR
1990	Jacob Green	DE	**2008**	Mike Holmgren	Coach
1991	Rufus Porter	LB	**2009**	Matt Hasselbeck	QB
1992	Jeff Bryant	DE	**2010**	Roy Lewis	CB
	Joe Nash	DT	**2011**	Red Bryant	DE
1993	Eugene Robinson	S	**2012**	Russell Wilson	QB
1994	Brian Blades	WR	**2013**	Earl Thomas	S
1995	Terry Wooden	LB	**2014**	Kam Chancellor	S
1996	Cortez Kennedy	DT	**2015**	Richard Sherman	CB
1997	Winston Moss	LB	**2016**	Kam Chancellor	S
1998	Michael Sinclair	DE	**2017**	Bobby Wagner	LB
1999	Chad Brown	LB	**2018**	Russell Wilson	QB
2000	Ricky Watters	RB	**2019**	Russell Wilson	QB
2001	Mack Strong	FB	**2020**	K.J. Wright	LB
2002	Mack Strong	FB	**2021**	Tyler Lockett	WR
2003	Trent Dilfer	QB	**2022**	Tyler Lockett	WR
2004	Mack Strong	FB	**2023**	Bobby Wagner	LB
2005	Mack Strong	FB	**2024**	Tyler Lockett	WR
2006	Mack Strong	FB			

MAN OF THE YEAR

1976	Norm Evans	T	**2004**	Mack Strong	FB
1980	Jim Zorn	QB	**2005**	Shaun Alexander	RB
1981	Manu Tuiasosopo	DT	**2006**	Marcus Trufant	CB
1982	Dave Brown	CB	**2007**	Bobby Engram	WR
1983	Paul Johns	WR	**2008**	Patrick Kerney	DE
1984	Jeff West	P	**2009**	Josh Wilson	CB
1985	Mike Tice	TE	**2010**	Roy Lewis	CB
1986	Mike Tice	TE	**2011**	John Carlson	TE
1987	Mike Tice	TE	**2012**	Russell Okung	T
1988	Steve Largent*	WR	**2013**	Doug Baldwin	WR
1989	Norm Johnson	K	**2014**	Russell Wilson	QB
1990	Jacob Green	DE	**2015**	Richard Sherman	CB
1991	Eugene Robinson	S	**2016**	Cliff Avril	DE
1992	Eugene Robinson	S	**2017**	Michael Bennett	DE
1993	Eugene Robinson	S	**2018**	K.J. Wright	LB
1994	Brian Blades	WR	**2019**	Bobby Wagner	LB
1995	Eugene Robinson	S	**2020**	Russell Wilson*	QB
1996	Todd Peterson	K	**2021**	Tyler Lockett	WR
1997	Rick Tuten	P	**2022**	Tyler Lockett	WR
1998	Sam Adams	DT	**2023**	Bobby Wagner	LB
1999	Jon Kitna	QB	**2024**	Uchenna Nwosu	LB
2000	Jon Kitna	QB			
2001	Brock Huard	QB			
2002	Trent Dilfer	QB			
2003	Matt Hasselbeck	QB			

** Walter Payton NFL Man of the Year*

ALL-TIME HONORS, continued

RING OF HONOR

1989	Steve Largent	WR
1991	Jim Zorn	QB
1992	Dave Brown	CB
1992	Pete Gross	Broadcaster
1994	Curt Warner	RB
1995	Jacob Green	DE
2002	Kenny Easley	S
2004	Dave Krieg	QB
2005	Chuck Knox	Head Coach
2006	Cortez Kennedy	DT
2014	Walter Jones	T
2019	Paul G. Allen	Chairman
2021	Matt Hasselbeck	QB
2021	Mike Holmgren	Head Coach
2022	Shaun Alexander	RB

RETIRED JERSEYS

#12	Seattle's fans, the 12s	1984
#80	WR Steve Largent	1995
#71	T Walter Jones	2010
#96	DT Cortez Kennedy	2012
#45	S Kenny Easley	2017

BART STARR AWARD

(presented each year to the NFL player who best exemplifies outstanding character and leadership in the home, on the field and in the community)

1988	Steve Largent	WR
2002	Trent Dilfer	QB
2021	Russell Wilson	QB

ART ROONEY AWARD

(presented each year to the NFL player who best demonstrates the qualities of on-field sportsmanship, including fair play, respect for the game and opponents, and integrity in competition)

2023	Bobby Wagner	LB

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB
1977	Steve Largent	WR
1978	Jim Zorn	QB
1979	Steve Largent	WR
1980	Sam McCullum	WR
1981	Steve Largent	WR
1982	Kenny Easley	S
1983	Curt Warner	RB
1984	Kenny Easley	S
1985	Steve Largent	WR
1986	Curt Warner	RB
1987	Steve Largent	WR
1988	John L. Williams	FB
1989	Brian Blades	WR
1990	John L. Williams	FB
1991	Eugene Robinson	S
1992	Cortez Kennedy	DT
1993	Eugene Robinson	S
1994	Chris Warren	RB
1995	Chris Warren	RB
1996	Cortez Kennedy	DT
1997	Darryl Williams	S
1998	Chad Brown	LB

Discontinued in 1999

AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson Joe Nash Kenny Easley	Steve Largent Dave Brown
1985	Steve Largent Kenny Easley	
1986	Bobby Joe Edmunds	Curt Warner
1987	Fredd Young	Steve Largent Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown Michael Sinclair
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander Steve Hutchinson
2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong	
2006		Walter Jones
2007	Walter Jones Patrick Kerney Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington
2011		Earl Thomas
2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	
2013	Richard Sherman Earl Thomas	Kam Chancellor
2014	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor Marshawn Lynch
2015	Tyler Lockett	Richard Sherman Bobby Wagner
2016	Bobby Wagner	Tyler Lockett
2017	Bobby Wagner	Tyler Lockett Earl Thomas
2018	Michael Dickson Bobby Wagner	Duane Brown
2019	Bobby Wagner	Russell Wilson
2020	Bobby Wagner	Jamal Adams DK Metcalf
2021		Bobby Wagner
2023		Bobby Wagner

PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4
1988	Dave Krieg, QB	2
	Rufus Porter, special teams	1
1989	Brian Blades, WR	1
	Dave Krieg, QB	3
	Rufus Porter, special teams	2
1990	John L. Williams, FB	1
1991	Cortez Kennedy, DT	1
	John L. Williams, FB	2
1992	Cortez Kennedy, DT, starter	2
	Eugene Robinson, S	1
1993	Cortez Kennedy, DT, starter	3
	Eugene Robinson, S	2
	Chris Warren, RB	1
1994	Cortez Kennedy, DT, starter	4
	Rick Tuten, P	1
	Chris Warren, RB	2
1995	Cortez Kennedy, DT	5
	Chris Warren, RB, starter	3
1996	Cortez Kennedy, DT, starter	6
	Michael Sinclair, DE	1
1997	Warren Moon, QB	1, 9 total
	Michael Sinclair, DE	2
	Darryl Williams, S, starter	1
1998	Chad Brown, LB, starter	1, 2 total
	Cortez Kennedy, DT	7
	Michael Sinclair, DE	3
	Shawn Springs, CB	1
1999	Chad Brown, LB	2, 3 total
	Walter Jones, T	1
	Cortez Kennedy, DT	8
2001	Walter Jones, T	2
	John Randle, DT, starter	1, 7 total
2002	Walter Jones, T, starter	3
2003	Shaun Alexander, RB	1
	Alex Bannister, ST	1
	Matt Hasselbeck, QB	1
	Steve Hutchinson, G	1
	Walter Jones, T	4
2004	Shaun Alexander, RB	2
	Steve Hutchinson, G	2
	Walter Jones, T	5

ALL-TIME HONORS, continued

PRO BOWL, CONTINUED

Year	Player	Nominations
2005	Shaun Alexander, RB, starter	3
	Matt Hasselbeck, QB, starter	2
	Steve Hutchinson, G, starter	3
	Walter Jones, T, starter	6
	Mack Strong, FB, starter	1
	Lofa Tatupu, LB	1
	Robbie Tobeck, C	1
2006	Walter Jones, T	7
	Julian Peterson, LB	1, 3 total
	Mack Strong, FB	2
	Lofa Tatupu, LB	2
2007	Matt Hasselbeck, QB	3
	Walter Jones, T	8
	Patrick Kerney, DE	1, 2 total
	Julian Peterson, LB	2, 4 total
	Lofa Tatupu, LB	3
	Marcus Trufant, CB	1
2008	Walter Jones, T	9
	Julian Peterson, LB	3, 5 total
2011	Brandon Browner, CB	1
	Kam Chancellor, S	1
	Marshawn Lynch, RB	1, 2 total
	Michael Robinson, FB	1
	Earl Thomas, S, starter	1
2012	Marshawn Lynch, RB	2, 3 total
	Russell Okung, T, starter	1
	Earl Thomas, S, starter	2
	Max Unger, C, starter	1
	Leon Washington, RS/KR	1, 2 total
	Russell Wilson, QB	1
2013	Kam Chancellor, S	2
	Marshawn Lynch, RB	3, 4 total
	Richard Sherman, CB	1
	Earl Thomas, S	3
	Max Unger, C	2
	Russell Wilson, QB	2
2014	Kam Chancellor, S	3
	Marshawn Lynch, RB	4, 5 total
	Russell Okung, T	2
	Richard Sherman, CB	2
	Earl Thomas, S	4
	Bobby Wagner, LB	1
	Russell Wilson, QB	3
2015	Michael Bennett, DE	1
	Kam Chancellor, S	4
	Tyler Lockett, RS	1
	Richard Sherman, CB	3
	Earl Thomas, S	5
	Bobby Wagner, LB	2
	Russell Wilson, QB	4
2016	Cliff Avril, DE	1
	Doug Baldwin, WR	1
	Michael Bennett, DE	2
	Jimmy Graham, TE	1, 4 total
	Richard Sherman, CB	4
	Bobby Wagner, LB	3
	K.J. Wright, LB	1
2017	Doug Baldwin, WR	2
	Michael Bennett, DE	3
	Duane Brown, T	1, 4 total
	Jimmy Graham, TE	2, 5 total
	Earl Thomas, S	6
	Bobby Wagner, LB	4
	Russell Wilson, QB	5
2018	Michael Dickson, P	1
	Bobby Wagner, LB	5
	Russell Wilson, QB	6
2019	Bobby Wagner, LB	6
	Russell Wilson, QB	7
	Shaquill Griffin, CB	1
2020	Jamal Adams, S	1, 3 total
	Nick Bellore, ST	1
	Quandre Diggs, S	1
	DK Metcalf, WR	1
	Tyler Ott, LS	1
	Bobby Wagner, LB	7
	Russell Wilson, QB	8
2021	Duane Brown, T	2, 5 total
	Quandre Diggs, S	2
	Bobby Wagner, LB	8
	Russell Wilson, QB	9
2022	Quandre Diggs, S	3
	Jason Myers, K	1, 2 total
	Geno Smith, QB	1
	Riq Woolen, CB	1
2023	Nick Bellore, ST	2
	Julian Love, S	1
	DK Metcalf, WR	2
	Geno Smith, QB	2
	Bobby Wagner, LB	9
	Devon Witherspoon, CB	1
2024	Jaxon Smith-Njigba, WR	1
	Leonard Williams, DE	1, 2 total
	Devon Witherspoon, CB	2

PRO FOOTBALL HALL OF FAME

1984 Mike McCormack, Coach/President/GM, 1982-88

1990 Franco Harris, RB, 1984 (elected in first year of eligibility)

1995 Steve Largent, WR, 1976-89 (elected in first year of eligibility)

2004 Carl Eller, DE, 1979

2006 Warren Moon, QB, 1997-98 (elected in first year of eligibility)

2010 John Randle, DT, 2001-03 (elected in first year of eligibility)

2010 Jerry Rice, WR, 2004 (elected in first year of eligibility)

2012 Cortez Kennedy, DT, 1990-00

2014 Walter Jones, T, 1997-09 (elected in first year of eligibility)

2017 Kenny Easley, S, 1981-87

2019 Kevin Mawae, C, 1994-97

2020 Steve Hutchinson, G, 2001-05
Edgerrin James, RB, 2009

2021 Tom Flores, President/GM/Head Coach, 1989-94

2024 Dwight Freeney, DE, 2017
Devin Hester, WR/KR, 2016

NFL COACH OF THE YEAR

1978 Jack Patera (AP, The Sporting News, Washington DC Touchdown Club, Seattle Gold Helmet Committee)

1983 Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, Football News)

1984 Chuck Knox (AP, The Sporting News, Seattle Gold Helmet Committee)

1992 Tom Catlin, Assistant Head Coach/Defense (Sports Illustrated)

2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)

NFL/NATIONAL HONORS

1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year, PFWA All-Rookie Team)

Steve Largent, WR (PFWA All-Rookie Team)

Jim Zorn, QB (NFC Offensive Rookie of the Year, PFWA All-Rookie Team)

1977 Terry Beeson, LB (PFWA All-Rookie Team)

1978 John Thompson, General Manager (The Sporting News NFL Executive of the Year)

John Harris, S (PFWA All-Rookie Team)

1979 Manu Tuiasosopo, DT (PFWA All-Rookie Team)

1980 Jacob Green, DE (PFWA All-Rookie Team)

1981 Kenny Easley, S (AFC Defensive Rookie of the Year, PFWA All-Rookie Team)

1982 Pete Metzelaars, TE (PFWA All-Rookie Team)

1983 Kenny Easley, S (Football News AFC Defensive Player of the Year, PFWA All-NFL Team)

Chuck Knox, Head Coach (UPI AFC Coach of the Year, Football News NFL Coach of the Year)

Curt Warner, RB (UPI AFC Offensive Player of the Year, UPI AFC Rookie of the Year, PFWA All-Rookie Team)

1984 Kenny Easley, S (AP, Pro Football Weekly and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year, PFWA All-NFL Team)

Norm Johnson, K (PFWA All-NFL Team)

Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year)

Daryl Turner, WR (PFWA All-Rookie Team)

Fredd Young, LB (AFC Special Teams Player of the Year)

1985 Kenny Easley, S (PFWA All-NFL Team)

Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year, PFWA All-NFL Team)

Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)

Curt Warner, RB (Sports Illustrated Comeback Player of the Year)

1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year, PFWA All-NFL Team)

Curt Warner, RB (UPI AFC Offensive Player of the Year)

John L. Williams, FB (PFWA All-Rookie Team)

1987 Brian Bosworth, LB (PFWA All-Rookie Team)

Steve Largent, WR (PFWA All-NFL Team)

Ruben Rodriguez, P (PFWA All-Rookie Team)

Curt Warner, RB (NFL Alumni Association Running Back of the Year)

Fredd Young, LB (PFWA All-NFL Team)

ALL-TIME HONORS, continued

NFL/NATIONAL HONORS, CONTINUED

1988 Brian Blades, WR (PFWA All-Rookie Team)

Steve Largent, WR (NFL Man of the Year)

1989 Andy Heck, T (PFWA All-Rookie Team)

Travis McNeal, TE (PFWA All-Rookie Team)

1990 Robert Blackmon, S (PFWA All-Rookie Team)

Cortez Kennedy, DT (PFWA All-Rookie Team)

1992 Cortez Kennedy, DT (AP, PFWA, NEA, College & Pro Football Newsweekly NFL Defensive Player of the Year, PFWA All-AFC Team, PFWA All-NFL Team)

1993 Cortez Kennedy, DT (PFWA All-AFC Team, PFWA All-NFL Team)

Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year, PFWA All-Rookie Team)

Eugene Robinson, S (PFWA All-AFC Team, PFWA All-NFL Team)

1994 Sam Adams, DT (PFWA All-Rookie Team)

Cortez Kennedy, DT (PFWA All-AFC Team)

Kevin Mawae, C (PFWA All-Rookie Team)

Rick Tuten, P (PFWA All-AFC Team)

Chris Warren, RB (PFWA All-AFC Team)

1995 Joey Galloway, WR (PFWA All-Rookie Team)

Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)

Chris Warren, RB (PFWA All-AFC Team)

1996 Cortez Kennedy, DT (PFWA All-AFC Team)

1997 Walter Jones, T (PFWA All-Rookie Team)

Michael Sinclair, DE (PFWA All-AFC Team)

Shawn Springs, CB (PFWA All-Rookie Team)

Darryl Williams, S (PFWA All-AFC Team)

1998 Chad Brown, LB (PFWA All-AFC Team, PFWA All-NFL Team)

Anthony Simmons, LB (PFWA All-Rookie Team)

Michael Sinclair, DE (PFWA All-AFC Team)

1999 Charlie Rogers, PR (PFWA All-Rookie Team, PFWA All-AFC Team, PFWA All-NFL Team)

2000 Darrell Jackson, WR (PFWA All-Rookie Team)

Jean Phillipe-Darche, LS (PFWA All-Rookie Team)

2001 Steve Hutchinson, G (PFWA All-Rookie Team)

John Randle, DT (PFWA All-AFC Team)

2002 Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

2003 Alex Bannister, ST (PFWA All-NFC Team, PFWA All-NFL Team)

Josh Brown, K (PFWA All-Rookie Team)

Ken Hamlin, S (PFWA All-Rookie Team)

Steve Hutchinson, G (PFWA All-NFC Team, PFWA All-NFL Team)

Walter Jones, T (PFWA All-NFC Team)

Marcus Trufant, CB (PFWA All-Rookie Team)

2004 Shaun Alexander, RB (PFWA All-NFC Team, PFWA All-NFL Team)

Michael Boulware, S (PFWA All-Rookie Team)

Steve Hutchinson, G (PFWA All-NFC Team)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

2005 Shaun Alexander, RB (AP Most Valuable Player, PFWA Most Valuable Player, AP Offensive Player of the Year, Sporting News Player of the Year, Maxwell Club Player of the Year, FedEx Ground Player of the Year, PFW/PFWA All-NFL Team, PFWA Offensive Player of the Year)

Matt Hasselbeck, QB (PFWA All-NFC Team)

Steve Hutchinson, G (PFWA All-NFC Team, PFWA All-NFL Team)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Chris Spencer, C (PFWA All-Rookie Team)

Lofa Tatupu, LB (PFWA All-Rookie Team)

2006 Josh Brown, K (Pro Football Weekly Golden Toe Award)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Ryan Plackemeier, P (PFWA All-Rookie Team)

2007 Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Patrick Kerney, DE (PFWA All-NFC Team, PFWA All-NFL Team)

Julian Peterson, LB (PFWA All-NFC Team)

Marcus Trufant, CB (PFWA All-NFC Team)

2008 John Carlson, TE (PFWA All-Rookie Team)

2010 Leon Washington, KR (PFWA All-NFC Team, PFWA All-NFL Team)

2011 Marshawn Lynch, RB (PFWA All-NFC Team)

Richard Sherman, CB (PFWA All-Rookie Team)

Earl Thomas, S (PFWA All-NFC Team)

2012 Bruce Irvin, DE (PFWA All-Rookie Team)

Marshawn Lynch, RB (PFWA All-NFC Team, PFWA All-NFL Team)

Russell Okung, T (PFWA All-NFC Team)

Michael Robinson, FB (Sports Illustrated All-Pro)

2012 John Schneider, General Manager (Sports Illustrated Executive of the Year)

Richard Sherman, CB (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Earl Thomas, S (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro)

Bobby Wagner, LB (PFWA All-Rookie Team, Sports Illustrated Defensive Rookie of the Year)

Leon Washington, KR (PFWA All-NFC Team)

Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year)

2013 Steven Hauschka, K (PFWA All-NFC Team)

Brandon Mebane, DT (Sports Illustrated All-Pro)

Richard Sherman, CB (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)

Golden Tate, PR (PFWA All-NFC Team)

Earl Thomas, S (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

2014 Marshawn Lynch, RB (PFWA All-NFC Team)

Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team)

2015 Michael Bennett, DE (Defensive Pro Bowl MVP, PFWA All-NFC Team)

Tyler Lockett, KR/PR/ST (PFWA All-Rookie Team)

Thomas Rawls, RB (PFWA All-Rookie Team)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFC Team)

Russell Wilson, QB (Offensive Pro Bowl MVP)

2016 Cliff Avril, DE (PFWA All-NFC Team)

Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team)

2017 Ethan Pocic, G (PFWA All-Rookie Team)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFC Team)

Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)

2018 Michael Dickson, P (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team, PFWA All-Rookie Team

Shaquem Griffin, LB (Game Changer presented by Gillette)

Bobby Wagner, LB (PFWA All-NFC Team, PFWA All-NFL Team)

Seattle Seahawks (Celebration of the Year)

ALL-TIME HONORS, continued

NFL/NATIONAL HONORS, CONTINUED

2019 Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team)
Russell Wilson, QB (PFWA All-NFC Team)
Seattle Seahawks (Celebration of the Year)
2020 Jamal Adams, S (PFWA All-NFC Team)
Nick Bellore, ST (PFWA All-NFC Team)
Damien Lewis, G (PFWA All-Rookie Team)
Russell Wilson, QB (Walter Payton NFL Man of the Year)
2021 Quandre Diggs, S (PFWA All-NFC Team)
2022 Jason Myers, K (Sporting News All-Pro, NFLPA All-Pro, PFWA All-NFC Team)
Geno Smith, QB (AP Comeback Player of the Year, PFWA Comeback Player of the Year, PFWA Most Improved Player of the Year)
Kenneth Walker III, RB (PFWA All-Rookie Team)
Riq Woolen, CB (PFWA All-Rookie Team)
Larry Bevans (NFL Fan of the Year)
2023 Jerrick Reed II, ST (PFWA All-Rookie Team)
Devon Witherspoon, CB (PFWA All-Rookie Team)
2024 Leonard Williams, DE (PFWA All-NFC Team)

NFL ROOKIE OF THE MONTH

1997 Walter Jones, T (October)
2002 Rocky Bernard, DT (September)
2005 Lofa Tatupu, LB (December/January)
2012 Russell Wilson, QB (December)
2022 Kenneth Walker III, RB (October)
Riq Woolen, CB (October)
2023 Devon Witherspoon, CB (October)

AFC/NFC PLAYER OF THE MONTH

1986 Curt Warner, RB (October)
Dave Krieg, QB (December)
1989 John L. Williams, FB (December)
1996 Michael McCrary, DE (December)
1998 Chad Brown, LB (November)
1999 Jon Kitna, QB (October)
Jeff Feagles, P (December)
2004 Matt Hasselbeck, QB (December)
2005 Shaun Alexander, RB (November)
2006 Ken Hamlin, FB (September)
Nate Burleson ST/WR (November)
2007 Patrick Kerney, DE (November)
2013 Richard Sherman, CB (September)
2014 Jon Ryan, P (September)
Bobby Wagner, LB (December)
2015 Tyler Lockett, RS (Sept. & December)
2016 Cliff Avril, DE (October)
2018 Michael Dickson, P (November)
Chris Carson, RB (December)
2020 Russell Wilson, QB (September)
2022 Geno Smith, QB (October)
2024 Leonard Williams, DE (December/January)

AFC/NFC PLAYER OF THE WEEK

1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10), Dave Krieg, QB (Week 13)
1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)
1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
1989 Steve Largent, WR (Week 14)
1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
1991 Rufus Porter, LB (Week 13)
1992 Cortez Kennedy, DT (Week 3)
1993 Chris Warren, RB (Week 3), Rick Mirer,* QB & P Rick Tuten (Week 5), Eugene Robinson, S (Week 11)
1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
1995 Joey Galloway,* WR (Week 11), Robert Blackmon, S (Week 12), Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, ST (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4), Warren Moon, QB (Week 9), Warren Moon, QB (Week 11)
1998 Jon Kitna, QB (Week 13)
1999 Charlie Rogers,* ST (Week 3), Shawn Springs, CB (Week 8)
2000 Jon Kitna, QB (Week 11)
2001 Shaun Alexander, RB (Week 4), Shaun Alexander, RB (Week 9), Charlie Rogers, ST (Week 16)
2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12), Ken Lucas CB (Week 15)
2003 Ken Hamlin,* S (Week 2), Bobby Engram, ST Week 11), Chad Brown, LB (Week 17)
2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), Michael Boulware,* S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
2005 Shaun Alexander, RB (Week 3), Shaun Alexander, RB (Week 6), Josh Brown, K (Week 7), Shaun Alexander, RB (Week 9), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 15)
2006 Josh Brown, K (Weeks 6 & 12)
2007 Lance Laury, ST (Week 3), Nate Burleson, ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)
2008 Josh Wilson, CB (Week 16)
2010 Leon Washington, ST (Week 3), Olindo Mare, K (Week 7), Jon Ryan, P (Week 17)
2011 Chris Clemons, DE (Week 11), David Hawthorne, LB (Week 13), Doug Baldwin,* ST (Week 14)
2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, ST (Week 12), Russell Wilson,* QB (Week 13), Red Bryant, ST (Week 16)
2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST (Week 9), Russell Wilson, QB (Week 13), Richard Sherman, CB (Week 15)
2014 Kam Chancellor, S (Week 3), Russell Wilson, QB (Week 5), Kam Chancellor, S (Week 12), Richard Sherman, CB (Week 13), Russell Wilson, QB (Week 16)
2015 Michael Bennett, DE (Week 7), Russell Wilson, QB (Week 12), Tyler Lockett,* ST (Week 17)
2016 Jon Ryan, P (Week 4), Kam Chancellor, S (Week 10)
2017 Earl Thomas, S (Week 5), Russell Wilson, QB (Week 8), Tyler Lockett, ST (Week 11), Russell Wilson, QB (Week 13).
2018 Frank Clark, DE (Week 6), Michael Dickson,* P (Week 8), Sebastian Janikowski, K (Week 12), Bobby Wagner, LB (Week 13).
2019 Russell Wilson, QB (Week 2), Russell Wilson, QB (Week 9), Jadeveon Clowney, DE (Week 10)
2020 Russell Wilson, QB (Week 1), Michael Dickson, P (Week 2), Russell Wilson, QB (Week 3), Bobby Wagner, LB (Week 8), Michael Dickson, P (Week 15)
2021 Travis Homer, ST (Week 13), Rashaad Penny, RB (Week 17)
2022 Uchenna Nwosu, LB (Week 1), Geno Smith, QB (Week 4), Riq Woolen,* CB (Week 6), Will Dissly, ST (Week 8), Quandre Diggs, S (Week 18)
2023 Kenneth Walker III, RB (Week 3), Devon Witherspoon,* CB (Week 4), Jason Myers, K (Week 10), Julian Love, S (Week 15)
2024 Coby Bryant, S (Week 12), DE Leonard Williams, DE (Week 13)

* Rookie

HALL OF FAME

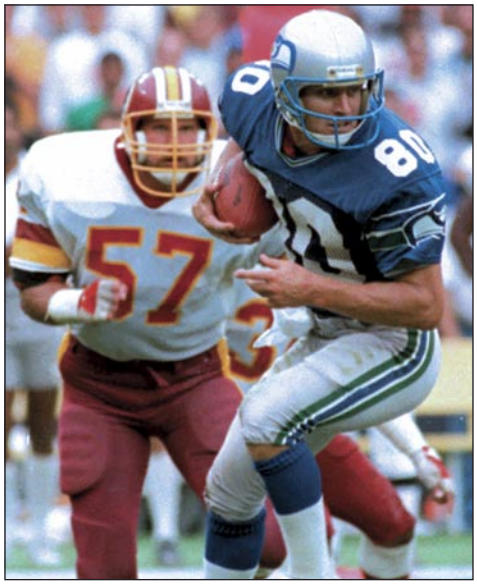
STEVE LARGENT, WR
1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

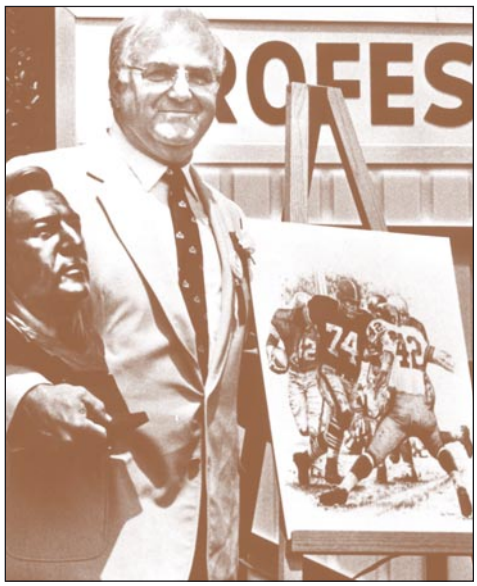
NFL Records: Concluded his 14 National Football League seasons with league career records for receptions (819), yards (13,089), touchdowns (100), consecutive games with a reception (177), 50-catch seasons (10), and 1,000-yard seasons (8). Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time, joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41).

Pro Career: Finished in the AFC's (NFC in 1976) top-10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top-five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top-10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236 and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Career: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Finished third in games played (200) but has more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor on December 23, 1989.



Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following the first year of his fourth term and sought election as the governor of Oklahoma in November, 2002. Attended Putnam City High School in Oklahoma City, Okla., where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.



MIKE McCORMACK
1982-88

Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-62 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important

factor on an excellent Cleveland defensive team. McCormack enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stabilizing factor throughout the period.

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: McCormack passed away on November 15, 2013. He was survived by his wife, Ann, and four children; Michael, Tim, Molly and Colleen. He was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.

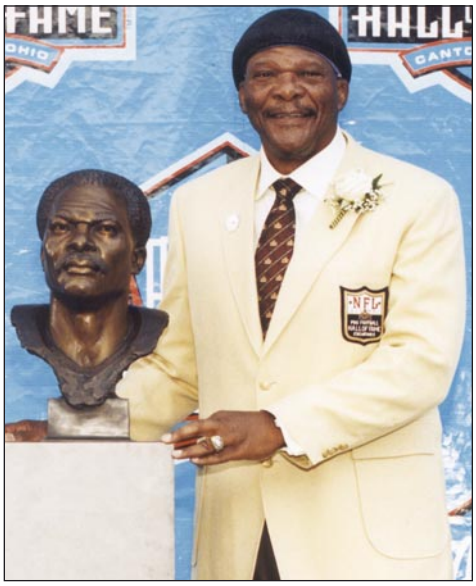
FRANCO HARRIS, RB
1984

Pro Football Hall of Fame: Franco Harris was inducted into the Pro Football Hall of Fame on Saturday, August 4, 1990, along with Buck Buchanan, Bob Griese, Ted Hendricks, Jack Lambert, Tom Landry and Bob St. Clair.

Pro Career: Harris began his pro football career as the Pittsburgh Steelers No. 1 pick and the 13th player selected in the 1972 NFL Draft. For 12 seasons, the 6-2, 230-pounder from Penn State was a big-yardage running back, a key man in the powerful Pittsburgh offensive machine. Harris established himself as a future superstar when he became only the fourth rookie in NFL annals to rush for 1,000 yards. He gained additional attention by being on the receiving end of the famous "Immaculate Reception" pass from Terry Bradshaw that gave the Steelers their first-ever playoff win, a 13-7 victory over the Oakland Raiders. In his 13 seasons, the last of which was spent with the Seattle Seahawks in 1984, Harris rushed 2,949 times for 12,120 yards and 91 touchdowns. He rushed for 1,000 yards or more eight seasons and for more than 100 yards in 47 games. His career rushing total and his combined net yardage figure of 14,622 both ranked as the third highest marks in pro football history at the time of his retirement. Was an All-AFC choice in 1972, 1975, 1976, and 1977 and first- or second-team All-Pro six times. He was selected to nine Pro Bowls. Harris played in five AFC championships – missing a sixth because of injury – and four Super Bowls. In Super Bowl IX, when the Steelers won their first-ever league title with a 16-6 victory over Minnesota, Harris rushed for 158 yards, compared to just 17 yards rushing for the entire Vikings team. He was named the game's Most Valuable Player. Harris held numerous Super Bowl and postseason game records by the end of his career. The most notable include 24 points and 354 yards rushing in four Super Bowls and 17 touchdowns and 1,556 yards rushing in 19 playoff games.

Seahawks Career: Harris played his final NFL season in Seattle in 1984. He played in eight games with six starts and rushed 68 times for 170 yards with one catch for 3 yards.

Personal: Born in Fort Dix, N.J., on March 7, 1950.



CARL ELLER, DE
1979

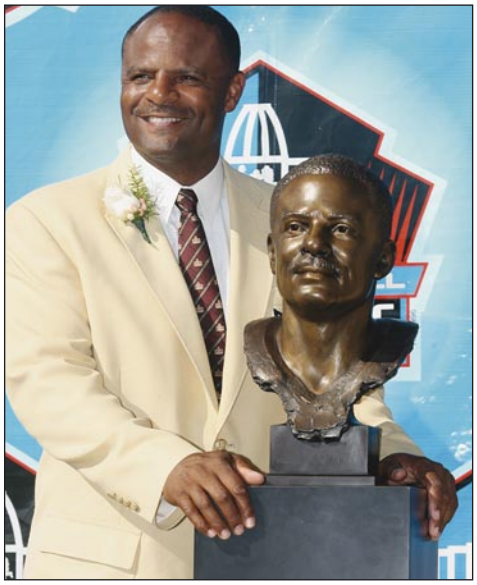
Pro Football Hall of Fame: Carl Eller was inducted into the Pro Football Hall of Fame on Sunday, August 8, 2004, along with Bob Brown, John Elway and Barry Sanders. He was presented into the Hall of Fame by his son, Regis.

Pro Career: Selected in the 1st round of NFL Draft by Minnesota and AFL Draft by Buffalo in 1964. Eller quickly established himself at left defensive end on the Vikings "Purple People Eaters" defensive line. He amassed 44 sacks from 1975-77 and named first- or second-team All-NFL each season from 1967-73, playing in six Pro Bowls. He also was effective in blocking kicks and, during his career he recovered 23 opponent fumbles, the third best mark in NFL annals at the time of his retirement. It was Eller who caused the now infamous fumble that led to teammate Jim Marshall's wrong-way run for a safety in 1964 in a

game against the San Francisco 49ers. The Vikings won the 1969 NFL championship and NFC crowns in 1973, 1974, and 1976 and played in four Super Bowls.

Seahawks Career: The 16-year NFL veteran of 225 games played his final NFL season in Seattle, playing in all 16 games with 26 tackles and 3.0 sacks.

Personal: Born January 25, 1942, in Winston-Salem, N.C.



WARREN MOON, QB
1997-98

Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards with 4,690. At the same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Career: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise records for most single-season passing yards (3,678) and single-season completions (313). He holds the club record for most consecutive completions in a single game with 17.

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul, and also has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

JOHN RANDLE, DT
2001-03

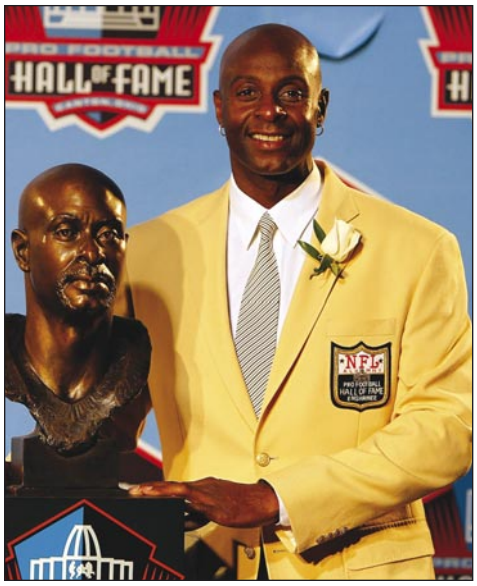
Pro Football Hall of Fame: John Randle was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, Jerry Rice and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 12.5 sacks, amassed 59 tackles and forced three fumbles to earn All-Pro honors and a Pro Bowl invitation for the first time. It began a string of six straight All-Pro and Pro Bowl seasons for Randle. He improved his sack total again in 1994 with a NFC-high 13.5 sacks. Randle recorded perhaps his finest season in 1997 when he led the NFL with 15.5 sacks and also had a career-high 71 tackles. In all, Randle amassed 137.5 sacks during his 14-season career. He led the Vikings in sacks nine times and the Seahawks twice. Thirty-five times he recorded multi-sack games including eight games with three or more sacks. Randle was elected to seven Pro Bowls (1994-99, 2002) and named to the NFL's All-Decade Team of the 1990s.

Seahawks Career: Randle played his final three seasons in Seattle, leading the club in sacks twice and making one Pro Bowl. In 43 games with 35 starts, he collected 23.5 sacks.

Personal: Born on December 12, 1967, in Hearne, Texas.

HALL OF FAME



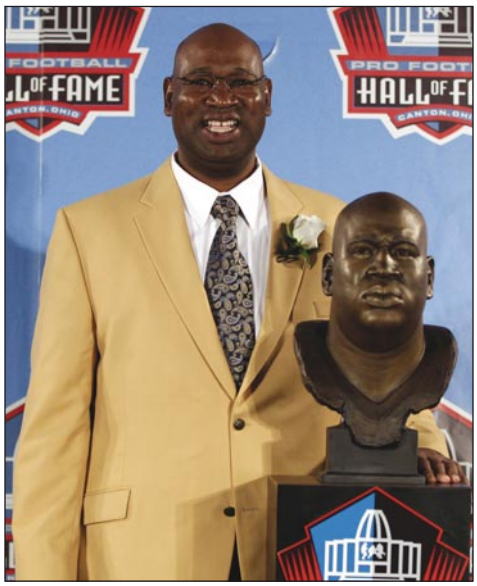
JERRY RICE, WR
2004

Pro Football Hall of Fame: Jerry Rice was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: The San Francisco 49ers used their first round draft pick (16th overall) in 1985 on Jerry Rice from little known Mississippi Valley State. In 1986, Rice recorded a season that began perhaps the finest stretch by any receiver in NFL history. That year, he caught 86 passes for a league-leading 1,570 yards. He also led the NFL in touchdown catches with 15. It marked the first of 11 straight 1,000-yard seasons for Rice who also recorded double-digit receiving touchdown totals in nine of the next 10 seasons. The following year, Rice set the NFL record for touchdown receptions in a season with 22. His first of four seasons with 100 catches came in 1990 when he had an even 100 receptions to lead the NFL in that category. He led the NFL in receiving yards six times including an NFL record 1,848 yards in 1995. Rice also led the NFL in touchdown receptions six times. No wide receiver in NFL history played more than Rice's 20 seasons. By the time he retired after finishing his career with Oakland and Seattle, he was the most prolific wide receiver in NFL history with staggering career totals. He owns virtually every significant receiving mark. Some of the more notable career records include most receptions (1,549), receiving yards (22,895 yards), 1,000-yard receiving seasons (14), total touchdowns (208), and combined net yards (23,546). Rice has a hold on multiple NFL playoff and Super Bowl records. He played in eight conference championships and four Super Bowls. He earned three Super Bowl rings with the 49ers and was named the Most Valuable Player of San Francisco's Super Bowl XXIII win over the Cincinnati Bengals. Rice, who was named first-team All-Pro 11 consecutive seasons and voted to 13 Pro Bowls, is also a member of the NFL's All-Decade Teams of the 1980s and 1990s and NFL's 75th Anniversary Team.

Seahawks Career: Rice finished his career in Seattle, playing in 11 games with nine starts in 2004. He caught 24 passes for 362 yards with a long of 56 and three touchdowns.

Personal: Born on October 13, 1962, in Starkville, Miss.



CORTEZ KENNEDY, DT
1990-2000

Pro Football Hall of Fame: Cortez Kennedy was elected to the Pro Football Hall of Fame on Saturday, February 4, 2012, the day before Super Bowl XLVI. Kennedy was formally inducted in Canton, Ohio, on Saturday, August 4, along with Jack Butler, Dermontti Dawson, Chris Doleman, Curtis Martin and Willie Roaf. Kennedy follows only Steve Largent to enter the Hall of Fame representing the Seahawks. He was presented into the Hall of Fame by Dixie Fraley Keller, the widow of long-time agent, financial advisor and friend, Robert Fraley.

Pro Career: The Seattle Seahawks used the third overall selection of the 1990 NFL Draft on All-America defensive tackle Cortez Kennedy from the University of Miami. The move proved to be wise as Kennedy became a fixture on the Seahawks defensive line for 11 seasons. Extremely durable, he did not miss a single game until his eighth season. In his rookie season, Kennedy played in all 16 games, two of which were starts. For his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was named the NFL's Defensive Player of the Year. It marked just the third time in league history that a player from a losing team won the Associated Press Defensive Player of the Year Award. He led Seattle that season with a career-high 14 sacks, the most of any interior lineman, and also recorded a career-best 92 tackles, recovered one fumble and batted down two passes. Although he was often double- or even triple-teamed Kennedy managed to lead or rank near the top in tackles each season. In 1996, he was voted to a team record sixth consecutive Pro Bowl and also was named the team's MVP and the winner of the Steve Largent Award given to the player that best exemplified the spirit, dedication and integrity of the Seahawks. He added two more Pro Bowls following the 1998 and 1999 seasons. Kennedy recorded one of his finest seasons in 1999. A 10-year veteran, he started all 16 games, recorded 73 tackles, 6.5 sacks and intercepted two passes to help the Seahawks reach the playoffs for the first time since 1988. In all, he registered 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery during his 167-game career. He twice led the team in sacks (1992 and 1995). Aside from his eight Pro Bowls, Kennedy was named first-team All-NFL in 1992, 1993 and 1994, selected second-team All-Pro twice, All-AFC four times and was named to the NFL's All-Decade Team of the 1990s. On September 17, 2006, Kennedy became the 10th member inducted into the Seahawks Ring of Honor.

Seahawks Career: Kennedy ranked among the top-10 in many Seahawks categories at the time of his retirement, including sixth in games played (167), sixth in games started (153), fourth in forced fumbles (13), seventh in tackles (668), fourth in sacks (58.0), third in sack yardage (392.0) and first in Pro Bowl selections (8).

Personal: Born on August 23, 1968, Kennedy attended Northwest Mississippi Community College before transferring to

Miami. Prepped at Rivercrest High School in Wilson, Ark. Kennedy passed away on May 23, 2017. He was survived by his parents, Joe and Ruby Harris, and daughter, Courtney.

WALTER JONES, T
1997-2009

Pro Football Hall of Fame: Walter Jones was elected to the Pro Football Hall of Fame on Saturday, February 1, 2014, the day before Seattle defeated Denver in Super Bowl XLVIII in New York/New Jersey. Jones was formally inducted in Canton, Ohio, on Saturday, August 2, along with Derrick Brooks, Ray Guy, Claude Humphrey, Andre Reed, Michael Strahan and Aeneas Williams. Jones joins Steve Largent and Cortez Kennedy to enter the Hall of Fame representing the Seahawks for their entire careers.

Pro Career: Jones retired from the NFL on April 29, 2010. In his honor, the team immediately retired his number 71 jersey and Governor Christine Gregoire declared the following day, Walter Jones Day, urging all citizens to join her in saluting his remarkable career. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (first-team in 2001, 2004, 2005, 2007 and second-team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). He was named to his first Pro Bowl following the 1999 season, becoming the first Seattle offensive lineman to accomplish that feat. Jones was part of the offensive line that helped Shaun Alexander to the fourth-best rushing game in NFL history with 266 yards vs. Oakland (11/11/01) and helped Alexander to an NFL-record five first-half touchdowns vs. Minnesota (9/29/02). In 2005, he paved the way for Alexander's MVP year with a Seattle-record 1,880 rushing yards and an NFL-record 28 total touchdowns.

Seahawks Career: Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the team's Ring of Honor on November 2, 2014.

Personal: A second-team All-ACC selection as a junior, he transferred to Florida State after two seasons at Holmes (Miss.) Community College, where he was named Mississippi Junior College Player of the Year in 1994. Jones prepped at Aliceville (Ala.) High where he lettered in basketball and football.

KENNY EASLEY, S
1981-87

Pro Football Hall of Fame: Kenny Easley was elected to the Pro Football Hall of Fame on Saturday, February 4, 2017, the day before Super Bowl LI. Easley was formally inducted in Canton, Ohio, on Saturday, August 5, along with Morten Andersen, Terrell Davis, Jerry Jones, Jason Taylor, LaDainian Tomlinson and Kurt Warner. Easley joins Steve Largent, Cortez Kennedy and Walter Jones to enter the Hall of Fame representing the Seahawks for their entire careers. He was presented into the Hall of Fame by his high school football coach, Tommy Rhodes.

Pro Career: Easley was selected in the first round, fourth overall, out of UCLA by the Seattle Seahawks in the 1981 NFL Draft. The Seahawks safety was an intimidating defensive force during his seven-year tenure in Seattle. Easley made an immediate impact on the Seahawks defense earning AFC Defensive Rookie of the Year honors in 1981 after returning three interceptions for 115 yards, including one for an 82-yard touchdown. He also made a career-high four fumble recoveries. Easley rightfully earned his nickname as "The Enforcer" for this style of play on the field. An all-around great athlete, he continued to earn recognition for his abilities including AFC Defensive Player of the Year in 1983. That season, he recorded seven interceptions which he returned for 106 yards and posted a career-high three sacks. The safety was named the NFL's Defensive Player of the Year in 1984 by the Associated Press when he registered a league-leading and career-best 10 interceptions and two pick-sixes. Easley earned first-team AP All-Pro honors in three straight seasons from 1983-85 and second-team NEA All-Pro honors in 1987. During his career, Easley amassed 32 interceptions which he returned for 538 yards and three touchdowns in 89 games. He was also a dominating tackler before the stat was readily tracked and had eight career sacks. In all, Easley was named to five Pro Bowls and was a member of the NFL's All-Decade Team of the 1980s, in addition to his many other honors he earned along his highly impactful career.

Seahawks Career: Started all but two games in his seven seasons, Easley led the team in interceptions on four occasions (1982-84, 1987) and ranks fourth in franchise history with 32 interceptions. Ranks first in Seahawks history in interceptions in a single-season (10) and most interceptions in a single-game (3). He was inducted in to the team's Ring of Honor on October 14, 2002 and finished his career with 498 tackles, 8.0 sacks, 32 interceptions, 10 forced fumbles and 11 fumble recoveries.

Personal: Was the first player in Pac-10 history to be named all-conference for four consecutive years and was a three-time All-American for UCLA. Born in Chesapeake, Va., on January 15, 1959.

HALL OF FAME

KEVIN MAWAE, C
1994-97

Pro Football Hall of Fame: Kevin Mawae was elected to the Pro Football Hall of Fame on Saturday, February 2, 2019. Mawae was formally inducted in Canton, Ohio, on Saturday, August 3, along with Champ Bailey, Pat Bowlen, Gil Brandt, Tony Gonzalez, Ty Law, Ed Reed and Johnny Robinson.

Pro Career: Played 16 seasons in the NFL, starting 238 of 241 games played for Seattle (1994-97), the N.Y. Jets (1998-2005) and Tennessee Titans (2006-09). Mawae was named All-Pro six times (1999-2002, 2004, 2008), voted to eight Pro Bowls including his final two seasons and selected to the NFL's All-Decade Team for the 2000s. He helped the Jets to a division title and championship game appearance in first season in New York in 1998 and anchored a steady Jets offensive line that led the way for 44 100-yard games and seven 1,000-yard seasons by Hall of Fame running back Curtis Martin. He blocked for a 1,000-yard rusher in 13 of his 16 seasons for five different running backs (Chris Warren, 2; Martin, 7; Travis Henry, 1; LenDale White, 1; Chris Johnson, 2). Finished career in Tennessee with a Pro Bowl season by paving way for a 2,000-yard performance by Johnson.

Seahawks Career: Selected by Seattle in the second-round (36th overall) of the 1994 NFL Draft. Spent majority of college career at tackle before moving to center during senior year at LSU. Played in 14 games, starting 11, during his rookie season and named to the NFL's All-Rookie Team. Played right guard his first two seasons and moved permanently to center in 1996. Started 59 of 62 games played for the Seahawks at both guard and center.

Personal: Born on January 23, 1971 in Savannah, Ga.

STEVE HUTCHINSON, G
2001-05

Pro Football Hall of Fame: Steve Hutchinson was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. Due to the COVID-19 pandemic, Hutchinson was formally inducted a year delayed along with Steve Atwater, Isaac Bruce, Edgerrin James, and Troy Polamalu on August 7, 2021. He was presented into the Hall of Fame by his teammate, Robbie Tobeck.

Pro Career: Steve Hutchinson was drafted in the first round (17th player overall) of the 2001 NFL Draft by the Seattle Seahawks out of the University of Michigan. He started all 16 games at left guard during his rookie season and cleared the path for running back Shaun Alexander to rush for 1,318 yards and 14 touchdowns. Hutchinson's efforts earned him All-Rookie honors. After missing the final 12 games of the 2002 season with a broken leg, Hutchinson returned in 2003 and embarked on a streak of 123 consecutive starts. That season he also earned the first of five first-team All-Pro selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance. The Minnesota Vikings signed the All-Pro guard as a transition-tag free agent in 2006. He made an immediate impact in his new surroundings and was named the NFL Alumni Offensive Lineman of the Year in his first season with the Vikings. In 2008, he led the way for Adrian Peterson to set a franchise record for rushing yards in a season (1,760) and become the first Vikings player to win a league rushing title. The next season, with Hutchinson again winning NFL Alumni Offensive Lineman of the Year honors, the Vikings claimed a second-straight division title and advanced to the NFC championship game. In all, Hutchinson earned seven straight Pro Bowl berths (2004-10) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s.

Seahawks Career: Started all 68 games played for Seattle over his five-year Seahawks career. Earned three All-Pro honors (first-team 2003 and 2005) and three Pro Bowl selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance.

Personal: Was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first-team All-Big Ten Conference honors four times. Named first-team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Born on November 1, 1977, in Fort Lauderdale, Fla.

HALL OF FAME

EDGERRIN JAMES, RB
2009

Pro Football Hall of Fame: Edgerrin James was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. Due to the COVID-19 pandemic, James was formally inducted a year delayed along with Steve Atwater, Isaac Bruce, Steve Hutchinson, and Troy Polamalu on August 7, 2021. He was presented into the Hall of Fame by Colts executive, Jim Irsay.

Pro Career: University of Miami running back Edgerrin James was selected in the first round, 4th overall, of the 1999 NFL Draft by the Indianapolis Colts. The team had great expectations for James as he was picked to replace the recently traded and future Hall of Famer Marshall Faulk. James did not disappoint. His powerful running style and versatility led to a spectacular start to his career. James was tabbed as the NFL's Rookie of the Year in 1999, captured NFL rushing titles in his first two seasons (1,553 yards in 1999 and career-best 1,709 yards in 2000) and scored 13 rushing touchdowns in each of his first two campaigns. He also caught 62 passes and four touchdowns as a rookie and a career-high 63 receptions and five touchdowns in his second season. James led the team in rushing in six of his seven seasons in Indianapolis and was a key to the potent Colts offense that helped them win four division titles and post six seasons with 10 or more wins. Prior to the 2006 season, James signed with the Arizona Cardinals as an unrestricted free agent and continued his all-star play. He rushed for 1,000 yards twice in three seasons with the Cardinals and helped them win the NFC West title in 2008 (the team's first division championship in 33 years) and a berth in Super Bowl XLIII. James eclipsed 1,000 yards in a season seven times during his career and topped 1,500 yards four times. A four-time Pro Bowl choice, James rushed for 12,246 yards on 3,028 carries and 80 touchdowns during his 11-year career which ended with a final season with the Seattle Seahawks in 2009. A three-time All-Pro choice (1999-2000 and 2004) and All-AFC selection four times (1999-2000, 2004-05), James was named to the NFL's All-Decade Team of the 2000s.

Seahawks Career: James signed with Seattle on August 25, 2009, and played in the first seven games of the season before being released on November 3. He rushed 46 times for 125 yards and had three receptions for 19 yards.

Personal: James ranks third all-time for most rushing yards at the University of Miami and became the first player to rush for back-to-back 1,000-yard seasons. Was inducted into the University of Miami Sports Hall of Fame in 2009. Born on August 1, 1978.

TOM FLORES
1989-94

Pro Football Hall of Fame: Tom Flores was elected to the Pro Football Hall of Fame on Saturday, February 6, 2021, the day before Super Bowl LV. Flores was formally inducted in Canton, Ohio, along with Alan Faneca, Calvin Johnson, John Lynch, Peyton Manning, Bill Nunn, Drew Pearson and Charles Woodson on August 8.

Pro Career: Was a head coach in the NFL for 12 seasons (Oakland/L.A. Raiders, 1979-87; Seattle, 1992-94), posting a 97-87 regular season record and 8-3 postseason record (105-90 overall), winning two Super Bowl championships. He was the first minority head coach to win a championship. Served as assistant coach for the Raiders for seven seasons before being named head coach in 1979, leading the team to a Super Bowl XV title over Philadelphia in his second season. Won second Super Bowl championship with the Raiders three years later over Washington in Super Bowl XVIII. At the time, his two Super Bowl coaching victories ranked behind only Chuck Noll. His Raiders teams won 11 or more games in a season four times and he was named AFC Coach of the Year after leading team to the best record in the AFC in strike-shortened 1982 season (8-1). The Raiders captured three division titles over a four-year span (1982, 1983, 1985). He is a four-time Super Bowl winner (one as a player, one as assistant coach and two as a head coach), and one-time Pro Bowler (1966) during his playing career.

Seahawks Career: Named president/general manager on February 22, 1989, Flores moved to the sideline and was named president/head coach on January 6, 1992, following Chuck Knox's nine-year tenure. As general manager, Flores made the trade with the New England Patriots to move up and acquire future Hall of Famer and Seahawks Ring of Honor member, Cortez Kennedy, in the 1990 draft. On January 19, 1993, Flores was named general manager/head coach, as David Behring took over the role of team president. His three-year total as head coach was a 14-34 record with his best seasons coming in 1993 and 1994 (6-10 records). He was relieved of his duties on December 29, 1994.

Personal: He is a member of the University of the Pacific Athletics Hall of Fame, Fresno County Athletic Hall of Fame, California Sports Hall of Fame and the Bay Area Sports Hall of Fame. Born on March 21, 1937 in Fresno, Calif.

HALL OF FAME

DWIGHT FREENEY, DE
2017

Pro Football Hall of Fame: Dwight Freeney was elected to the Pro Football Hall of Fame on Thursday, February 8, 2024. He was inducted in Canton along with Randy Gradishar, Devin Hester, Andre Johnson, Steve McMichael, Julius Peppers and Patrick Willis on August 3, 2024.

Pro Career: To help build a championship-level defense to complement their already high-powered offense of the early 2000s, the Indianapolis Colts used their first-round pick (11th overall) in 2002 to choose defensive end Dwight Freeney, after leading the nation in sacks (17.5) his senior season at Syracuse. Results came immediately. With Freeney appearing in all 16 games, eight as a starter, the Colts improved their defense from 29th overall in the NFL in 2001 to eighth in 2002. Freeney led the resurgent defensive line with a rookie-record 13 sacks to go with 20 tackles for loss on his way to NFL All-Rookie Team honors and a second-place finish in voting for the AP's Defensive Rookie of the Year award. Freeney followed with three more seasons of double-digit sack totals, including a league-best, and career-high, 16 in 2004. That year he also was named first-team All-Pro for the first of three times (2004, 2005, 2009; second-team in 2003) and earned his second of seven Pro Bowl invitations. He was also named All-AFC by the PFWA from 2003-05 and 2009-2010. A foot injury limited Freeney to nine games and 3.5 sacks in 2007, but he bounced back in 2008 with 10.5 sacks, and he added 23.5 sacks over the following two seasons. In his career, Freeney played in 218 regular-season games and 22 postseason games over his 16 seasons. He appeared in three AFC Championship Games and two NFC Championship Games. He won a Super Bowl ring with the Colts (Super Bowl XLI) and played in two other Super Bowls (XLIV, LI). In the postseason, he totaled 11 sacks and 12 tackles for loss. He finished his career ranking 18th in NFL history with 125.5 sacks, adding 148 quarterback hits and 128 tackles for loss. Also credited with 47 forced fumbles (fourth on the NFL's all-time list) and forced three fumbles in a game on two occasions.

Seahawks Career: Signed on October 25, 2017, Freeney played four games with Seattle, contributing 3.0 sacks before being released on November 21. He was claimed off waivers by Detroit and played in five more games to end his career.

Personal: Freeney was named Co-Big East Defensive Player of the Year while earning All-American recognition at Syracuse following his senior season. Ran a 4.48-second 40-yard dash in pre-draft workouts, as a 6-1, 268-pound defensive end. Born on February 19, 1980.

DEVIN HESTER, WR/KR
2016

Pro Football Hall of Fame: Devin Hester was elected to the Pro Football Hall of Fame on Thursday, February 8, 2024. He was inducted in Canton along with Dwight Freeney, Randy Gradishar, Andre Johnson, Steve McMichael, Julius Peppers and Patrick Willis on August 3, 2024.

Pro Career: When the Chicago Bears selected Devin Hester with a second-round pick in the 2006 NFL Draft (57th overall), the team knew it was adding a multi-dimensional player with elite skills in the return game. Few, however, could have predicted how profoundly he would influence the franchise, set NFL records still standing and reinforce the importance of special teams. Hester played in 11 NFL seasons (2006-16; eight in Chicago, two in Atlanta and a final season split between Baltimore and Seattle). As a rookie, he helped ignite a Bears team that finished with a 13-3 regular-season record and reach Super Bowl XLI. He opened that Super Bowl with a 92-yard kickoff return for a touchdown – the only time in Super Bowl history that has occurred. In that 2006 season, he returned 47 punts for 600 yards with three touchdowns, 20 kickoffs for 528 yards with two touchdowns, and also returned a missed field goal 108 yards for a touchdown – one of only four such "kick-six" scores in an NFL game. He followed his All-Pro rookie season by setting more records in 2007. Among the many highlights in that All-Pro season was a game against Denver in which he returned both a punt (75 yards) and a kickoff (88 yards) for touchdowns. Overall that year, Hester returned four kickoffs and two punts for scores, establishing an NFL record for six combined kick returns for touchdowns. Hester earned first-team All-Pro honors a third time with a 2010 season that saw him lead the NFL with 564 yards and three touchdowns on punt returns. For his career, Hester took 14 punts and five kickoffs to the end zone in 156 regular-season games. He was selected to play in four Pro Bowls (2007-08, 2011, 2015) and earned one of the two spots for return specialists on the NFL 100 All-Time Team, and also was named to the NFL's All-Decade Team of the 2010s.

Seahawks Career: Signed by Seattle for the 2016 postseason on January 4, 2017, after All-Pro returner Tyler Lockett landed on injured reserve. Hester played in two games, making a memorable trip back to one of his former teams; Atlanta. He returned five kickoffs for a franchise postseason record 194 yards (38.8 avg.) with a long of 78 in that game. He also had an 80-yard punt return called back due to a penalty.

Personal: At Miami, named a 2004 All-American by the Football Writers Association, Walter Camp Foundation and The Sporting News, as well as first-team All-ACC as a kick returner. In 2005, fearing his ability to score, teams consistently kicked away from him. Inducted in to the University of Miami Sports Hall of Fame in 2018. Born on November 4, 1982, in Riviera Beach, Fla.

RING OF HONOR

80 | WIDE RECEIVER
STEVE LARGENT

Height: 5-11	**Weight:** 191
Seasons	14 Seahawks Seasons
How Acq'd	Trade (Houston) 1976
Career G/S	200/197
Born	September 28, 1954
College	Tulsa
Hometown	Tulsa, Oklahoma
Ring of Honor	December 23, 1989

HALL OF FAME '95 | AP 2ND TEAM '78 | AP 2ND TEAM '79 | AP 2ND TEAM '84 | AP 1ST TEAM '85 | AP 2ND TEAM '87 | PRO BOWL '78 | Hawaii '79 | '81 | AFC-NFC PRO BOWL '84 | '85 | AFC-NFC PRO BOWL '86 | PRO BOWL '87 | MAN OF THE YEAR '88

The inaugural inductee into the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions (819), yards (13,089), touchdowns (100), consecutive games with a reception (177), 50-catch seasons (10), and 1,000-yard seasons (8). Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (NFC in 1976) top-10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987. Largent finished in the top-10 in receiving yards seven times, including a first-place finish in 1985, and second in 1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team AP All-NFL in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. He ranks third in games played (200), but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S SINGLE-GAME HIGHS

- **Receptions:** *15 vs. Detroit (10/18/87)
- **Yards:** *261 vs. Detroit (10/18/87)
- **Longest:** 74 vs. San Diego (11/27/77)
- **TDs:** 3 three times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

- **Passing:** 7 attempts, 2 complete for 29 yards.
- **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch.
- **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long.
- **Scoring:** 1 TD rushing (1981), 1 PAT (1985).

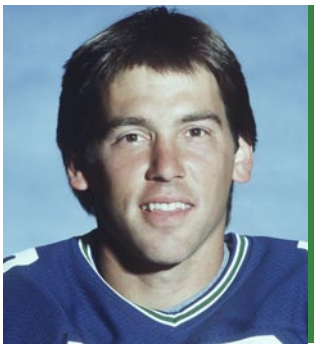
* Franchise Record

LARGENT'S NFL RECORD

			Receiving					Rushing			
	Club	**G/S**	**No.**	**Yds.**	**Avg.**	**LG**	**TD**	**Att.**	**Yds.**	**Avg.**	**TD**
1976	Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977	Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978	Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979	Seattle	15/15	66	1,237	18.7	55	9	0	0	0.0	0
1980	Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981	Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982	Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983	Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984	Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985	Seattle	16/16	79	1,287	16.3	43	6	0	0	0.0	0
1986	Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987	Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988	Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989	Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals		**200/197**	**819**	**13,089**	**16.0**	**74**	**100**	**17**	**81**	**4.9**	**1**
Seahawks Totals		**200/197**	**819**	**13,089**	**16.0**	**74**	**100**	**17**	**81**	**4.9**	**1**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988:1/1, **Career: 7/7**

RING OF HONOR



10 | QUARTERBACK
JIM ZORN

Height: 6-2	**Weight:** 200
Seasons	9 Seahawks Seasons
How Acq'd	Free Agent 1976
Career G/S	140/106
Born	May 10, 1953
College	Cal Poly-Pomona
Hometown	Whittier, California
Ring of Honor	August 3, 1991

AP 2ND TEAM '78

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a record with 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons. In 1978, he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the NEA. Zorn was the first Seahawks quarterback to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category, including 20,122 passing yards and 107 touchdown passes.

ZORN'S SINGLE-GAME HIGHS

- **Attempts:** 49 vs. Philadelphia (12/12/76)
- **Completions:** 31 vs. Kansas City (9/27/81)
- **Yards:** 384 vs. New Orleans (11/18/79)
- **Longest:** 82 vs. Cincinnati (9/25/77)
- **Most TDs:** 4 four times, last vs. New England (9/21/80)
- **Interceptions:** 6 vs. Detroit (10/24/76)

ZORN'S NFL RECORD

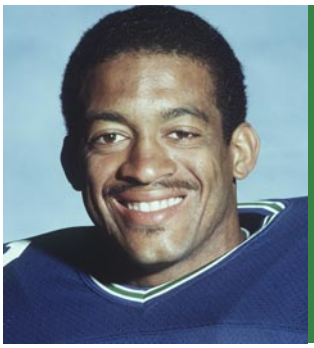
PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1976	Seattle	14	439	208	2,571	47.3	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	41.4	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	56.0	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	56.4	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	56.6	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	59.4	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	51.4	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	50.2	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	41.2	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	45.5	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	55.6	0	2	26	7/43	48.3
Career Totals		**140**	**3,149**	**1,669**	**21,115**	**53.0**	**111**	**141**	**82**	**220/1,630**	**67.3**
Seahawks Totals		**126**	**2,990**	**1,593**	**20,122**	**53.3**	**107**	**133**	**82**	**202/1,498**	**67.9**

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		**140**	**322**	**1,504**	**4.7**	**41**	**17**
Seahawks Totals		**126**	**308**	**1,491**	**4.8**	**41**	**17**

RING OF HONOR



22 | CORNERBACK
DAVE BROWN

Height: 6-1	**Weight:** 197
Seasons	11 Seahawks Seasons
How Acq'd	Veteran Allocation (Pit)
Career G/S	172/159
Born	January 16, 1953
College	Michigan
Hometown	Akron, Ohio
Ring of Honor	August 22, 1992

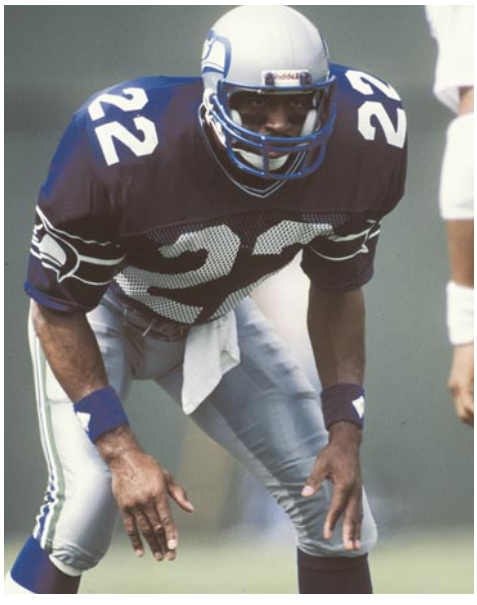
AP 2ND TEAM '84 | AFC-NFC PRO BOWL '84

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks secondary from 1976-86. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown played at the free safety position leading the team with four interceptions. The following season No. 22 would shift over to the right cornerback position where he would be the "cornerstone" of the Seahawks defense for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of an NFL-record four interception returns for touchdowns on November 4, 1984, against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. He retired as the Seahawks leader in interception return yards (643), interception returns for touchdowns (5), and the afore-mentioned interceptions (50).

BROWN'S SINGLE-GAME HIGHS

- **Interceptions:** 2 five times, last vs. Kansas City (11/4/84)
- **Longest Interception Return:** 90t vs. Kansas City (11/4/84)
- **Most Yards Returned:** *148 vs. Kansas City (11/4/84)
- **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

* Franchise Record



BROWN'S NFL RECORD

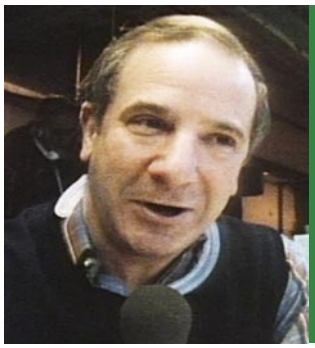
	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975	Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976	Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977	Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978	Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979	Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980	Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981	Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982	Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983	Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984	Seattle	16/16	54	0.0	8	179	22.4	90	2	0	1
1985	Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986	Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals		**172/159**	**690**	**2.0**	**50**	**643**	**12.9**	**90**	**5**	**10**	**11**
Seahawks Totals		**159/159**	**684**	**2.0**	**50**	**643**	**12.9**	**90**	**5**	**10**	**11**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1975	Pittsburgh	22	217	9.9	48	0
1976	Seattle	11	74	6.7	19	0
Career Totals		**33**	**291**	**8.8**	**48**	**0**

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2. **Career:** 8/5

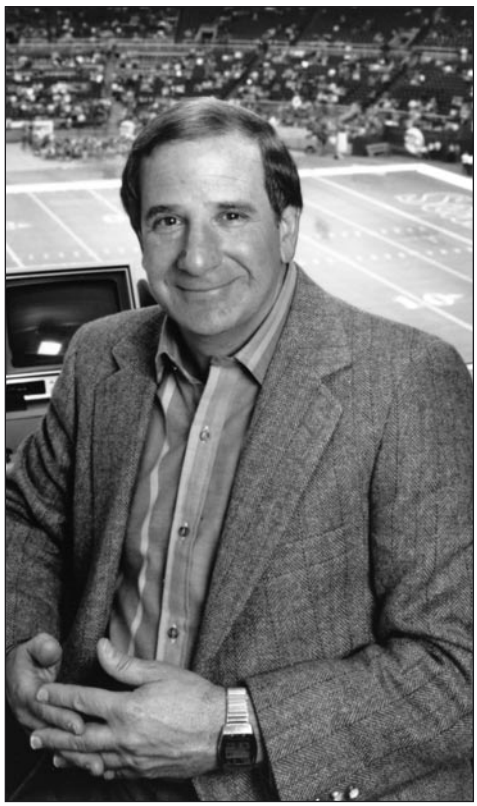
RING OF HONOR



RADIO PLAY-BY-PLAY
PETE GROSS

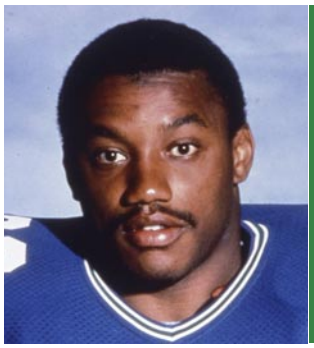
Seasons	17 Seahawks Seasons (1976-92)
Born	December 28, 1936
Hometown	Whittier, California
Ring of Honor	November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks franchise, fans will never forget his numerous "touchdown Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season, Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just two days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 70-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and participate in an annual fundraiser for the continued upkeep of the facility.



Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.

RING OF HONOR



28 | RUNNING BACK
CURT WARNER

Height: 5-11	**Weight:** 205
Seasons	7 Seahawks Seasons
How Acq'd	1st Round 1983
Career G/S	100/94
Born	March 18, 1961
College	Penn State
Hometown	Wyoming, West Virginia
Ring of Honor	November 27, 1994

AP 2ND TEAM '83 | AP 2ND TEAM '86 | AP 2ND TEAM '87 | Pro Bowl '83 | AFC-NFC Pro Bowl '86 | Pro Bowl '87

Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-89 and saw him hold every Seahawks rushing record at the time of his retirement. Immediately thrust into the Seahawks lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a Seahawks record 207-yard effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and UPI, second-team All-NFL by the AP and Football Digest and first-team All-Rookie by Pro Football Digest and Pro Football Weekly. After suffering a season-ending injury in the first game of 1984, Warner would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by Sports Illustrated. Warner would not look back, in his final three seasons, he led the team in rushing each year, averaging 1,164 a season and 10 touchdowns, including a Seahawks record four touchdowns vs. Denver in 1988. Warner would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the UPI in 1986, and first-team All-NFL by Sports Illustrated in 1987. He finished his Seattle career ranking first in Seahawks history in attempts (1,649), rushing yards (6,705) and touchdowns (55).

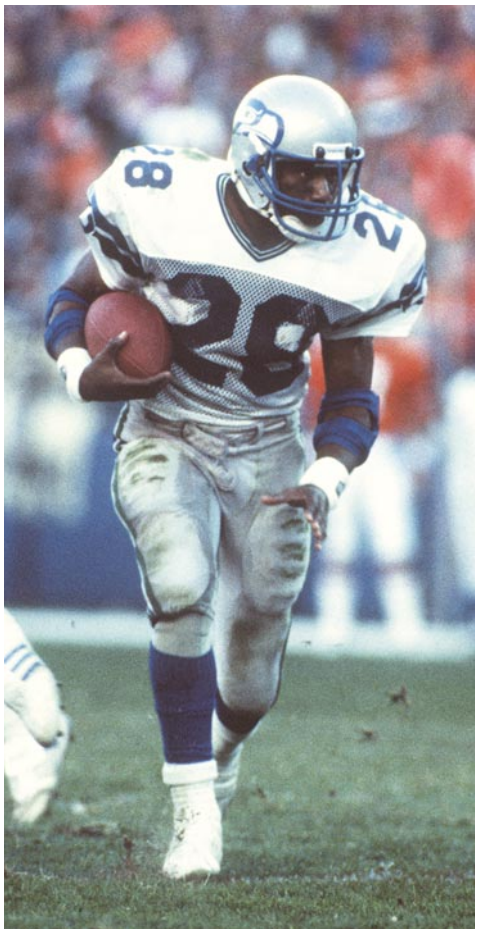
WARNER'S NFL RECORD

			Rushing					Receiving				
	Club	**G/S**	**Att.**	**Yds.**	**Avg.**	**LG**	**TD**	**No.**	**Yds.**	**Avg.**	**LG**	**TD**
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		**100/94**	**1,698**	**6,844**	**4.0**	**60**	**56**	**193**	**1,467**	**7.6**	**30**	**7**
Seahawks Totals		**93/92**	**1,649**	**6,705**	**4.1**	**60**	**55**	**193**	**1,467**	**7.6**	**30**	**7**

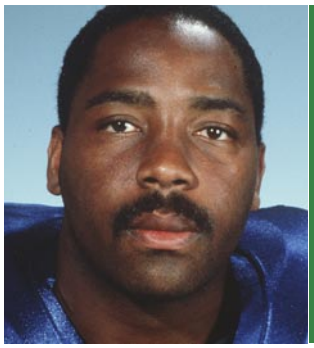
WARNER'S SINGLE-GAME HIGHS

- **Rushes:** 32 vs. Kansas City (11/27/83) OT
- **Yards:** 207 vs. Kansas City (11/27/83) OT
- **Longest:** 60t vs. Denver (12/20/86)
- **TDs:** *4 vs. Denver (12/11/88)
- **Receptions:** 6 four times, last vs. Kansas City (11/9/86)
- **Yards:** 72 vs. Kansas City (9/4/83)
- **TDs:** 1 six times , last vs. L.A. Raiders (11/28/88)

* Franchise Record



RING OF HONOR



79 | DEFENSIVE END
JACOB GREEN

Height: 6-3	**Weight:** 252
Seasons	12 Seahawks Seasons
How Acq'd	1st Round 1980
Career G/S	180/176
Born	January 21, 1957
College	Texas A&M
Hometown	Pasadena, Texas
Ring of Honor	September 3, 1995

'86 '87

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor on September 3, 1995. Green was a fixture at the left defensive end position for 12 years (1980-91). From the time the NFL made it an official statistic in 1982 until his retirement, Green was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year, Green equaled a team-record four fumble recoveries and registered a playoff record 2.5 sacks in a Wild Card Game against the Los Angeles Raiders. Green's career was highlighted by two Pro Bowl selections in 1986 and 1987. In 1986, he set the Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having finished his career with the third-most games played (178), second-most starts (176), most fumble recoveries (17), second-most tackles (718), and most career sacks (116.0).

GREEN'S SINGLE-GAME HIGHS

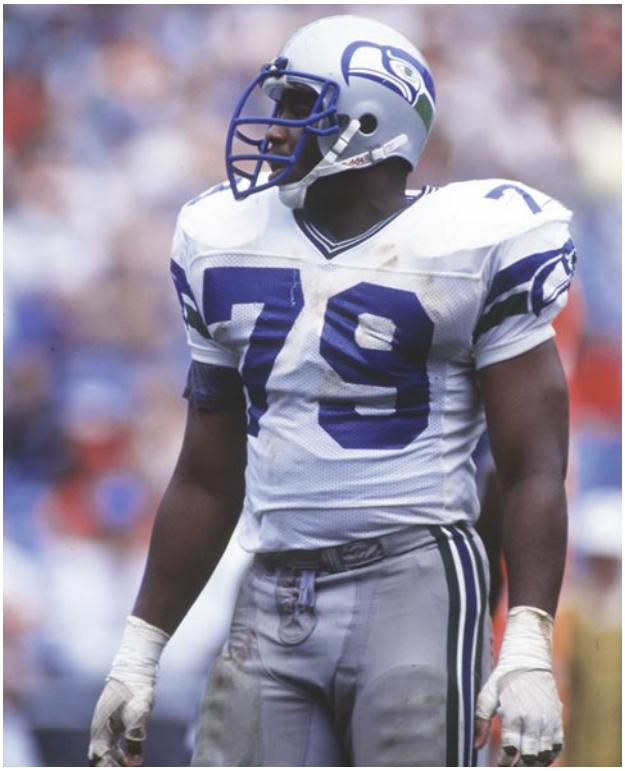
- **Sacks:** *4.0 vs. N.Y. Giants (10/19/86)
- **Scoring:** 2 TDs on interception returns (1983, 1985); 2 TDs on fumble returns (1985, 1988)
- **Blocked Kicks:** PAT (1986, 1989); FG (1985, 1988)

* Franchise Record

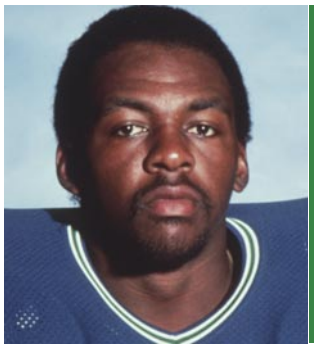
GREEN'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	FF	FR
1980	Seattle	14/13	58	6.5	0	0	0
1981	Seattle	16/16	74	12.0	0	6	1
1982	Seattle	9/9	36	3.0	0	1	0
1983	Seattle	16/16	61	16.0	1	1	2
1984	Seattle	16/16	69	13.0	0	4	4
1985	Seattle	16/16	92	13.5	1	7	2
1986	Seattle	16/16	64	12.0	0	1	1
1987	Seattle	12/12	48	9.5	0	3	1
1988	Seattle	16/16	54	9.0	0	1	2
1989	Seattle	15/14	47	3.0	0	1	1
1990	Seattle	16/16	60	12.5	0	3	1
1991	Seattle	16/16	56	6.0	1	0	0
1992	San Francisco	2/0	1	0.0	0	0	0
Career Totals		**180/176**	**720**	**116.0**	**3**	**28**	**15**
Seahawks Totals		**178/176**	**719**	**116.0**	**3**	**28**	**15**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1. **Career:** 7/7



RING OF HONOR



45 | SAFETY
KENNY EASLEY

Height: 6-3	**Weight:** 198
Seasons	7 Seahawks Seasons
How Acq'd	1st Round 1981
Career G/S	89/87
Born	January 15, 1959
College	UCLA
Hometown	Chesapeake, Virginia
Ring of Honor	October 14, 2002

'17 '83 '84 '85 '82 '83 '84 '85 '87

Kenny Easley was inducted into the Ring of Honor on Monday, October 14, 2002, with a sellout crowd and millions watching the Monday Night Football halftime ceremony at home. He was elected to the Pro Football Hall of Fame on February 4, 2017. Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Easley had 32 interceptions in his storied career. This fierce hitter registered 107 tackles and three interceptions in 1981, including returning an interception 82 yards for a touchdown vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players Association. The following season, Easley would earn the first of five Pro Bowl appearances, including being named a starter from 1983-85, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-ranked defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, 8.0 sacks, 10 forced fumbles, 11 fumble recoveries, and 32 interceptions.

EASLEY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981	Seattle	14/14	107	0.0	3	155	51.7	82	1	0	4
1982	Seattle	8/8	55	2.0	4	48	12.0	44	0	1	1
1983	Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984	Seattle	16/16	75	0.0	10	126	12.6	58	2	3	1
1985	Seattle	13/13	79	2.0	2	22	11.0	16	0	3	1
1986	Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987	Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**
Seahawks Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1982	Seattle	1	15	15.0	15	0
1983	Seattle	1	6	6.0	6	0
1984	Seattle	16	194	12.1	42	0
1985	Seattle	8	87	10.9	25	0
Career Totals		**26**	**302**	**11.6**	**42**	**0**

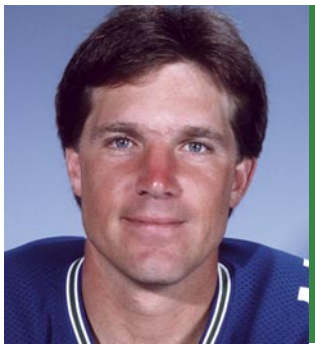
Playoff Games Played/Started: 1983: 3/3, 1984: 2/2. **Career:** 5/5

EASLEY'S SINGLE-GAME HIGHS

- **Interceptions:** *3 vs. San Diego (10/29/84)
- **Longest Interception Return:** 82t vs. Cleveland (12/20/81)
- **Most Yards Returned:** 125 vs. Cleveland (12/20/81)
- **Most Touchdowns:** 1 three times, last vs. Kansas City (11/4/84)

* Franchise Record

RING OF HONOR



17 | QUARTERBACK
DAVE KRIEG

Height: 6-1	**Weight:** 196
Seasons	12 Seahawks Seasons
How Acq'd	Free Agent 1980
Career G/S	213/175
Born	October 20, 1958
College	Milton
Hometown	Schofield, Wisconsin
Ring of Honor	September 26, 2004

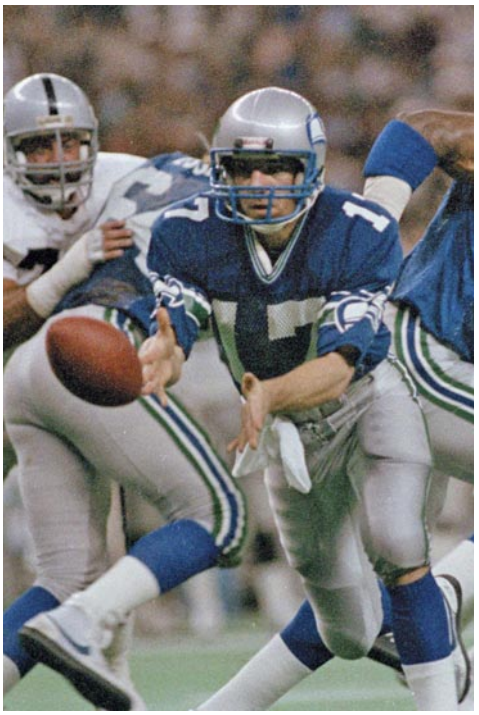
'84 '88 '89

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-91) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. Krieg originally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) was the only Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988. He finished his career as Seattle's all-time passing leader in every major category.

KRIEG'S SINGLE-GAME HIGHS

- **Attempts:** 51 vs. Atlanta (10/13/85)
- **Completions:** 33 vs. Atlanta (10/13/85)
- **Yards:** 418 vs. Denver (11/20/83)
- **Longest:** 80t vs. Denver (11/25/84)
- **Most TDs:** *5 three times, last vs. L.A. Raiders (11/28/88)
- **Interceptions:** 5 vs. Kansas City (12/9/84)

* Franchise Record

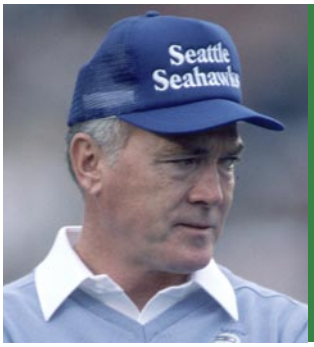


KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	2	0	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	112	64	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	78	49	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	243	147	2,139	60.5	18	11	50	38/279	95.0
1984	Seattle	16	480	276	3,671	57.5	32	24	80t	40/314	83.3
1985	Seattle	16	532	285	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	375	225	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	294	178	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	228	134	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	499	286	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	448	265	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	285	187	2,080	65.6	11	12	60	32/216	82.5
1992	Kansas City	16	413	230	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	189	105	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	212	131	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	521	304	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	377	226	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	2	1	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	21	12	199	57.1	0	0	55	2/15	89.2
Career Totals		**213**	**5,311**	**3,105**	**38,147**	**58.5**	**261**	**199**	**80t**	**494/3,794**	**81.5**
Seahawks Totals		**129**	**3,576**	**2,096**	**26,132**	**58.6**	**195**	**148**	**80t**	**341/2,734**	**82.3**

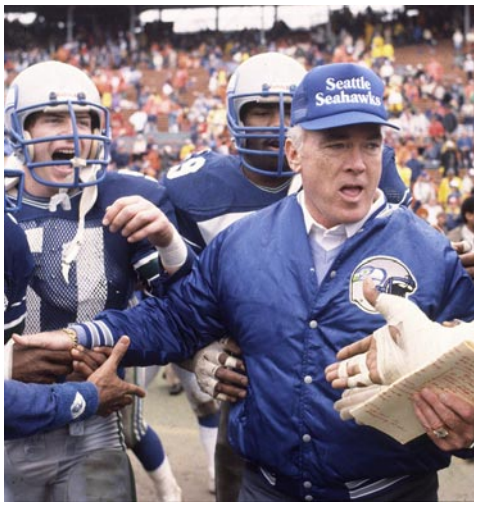
RING OF HONOR



HEAD COACH
CHUCK KNOX

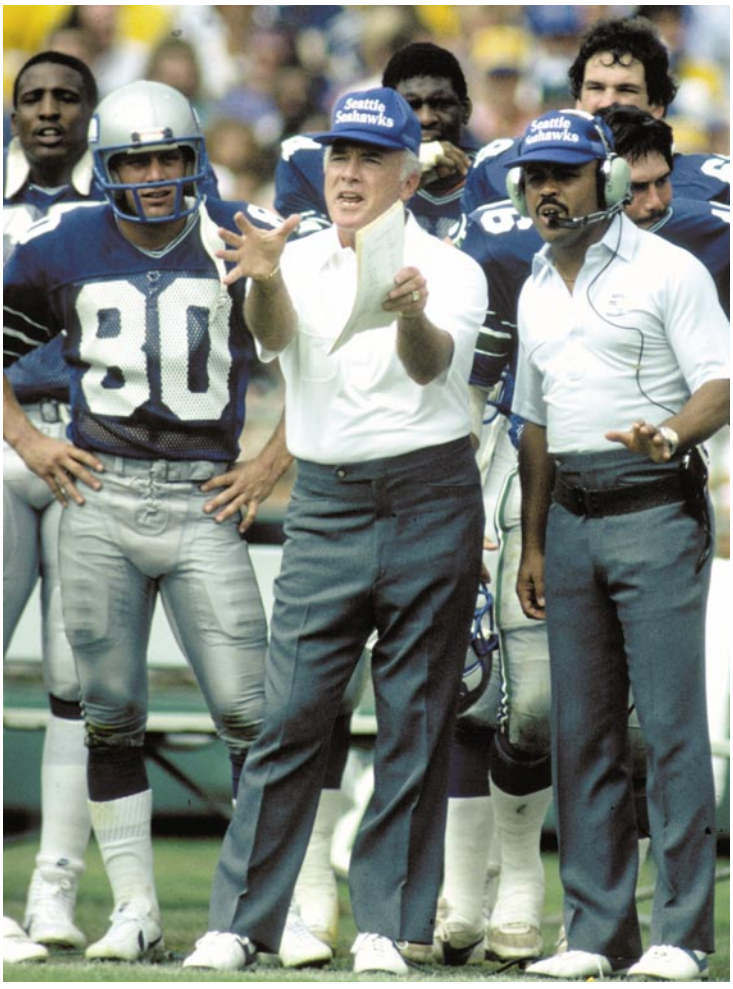
Seasons	12 Seahawks Seasons (1983-91)
Born	April 27, 1932
College	Juniata College
Hometown	Sewickley, Pennsylvania
Ring of Honor	September 25, 2005

Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-91, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history. Compared to 63 losses, his winning percentage of .559 ranked first among Seattle coaches with at least eight games coached during his time. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984, posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox finished his coaching career ranked in the top-10 in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams, 1973; Bills, 1980; Seahawks, 1983-84).



KNOX'S NFL RECORD

		Regular Season			Postseason	
	Club	**Won**	**Lost**	**Tied**	**Won**	**Lost**
1973	L.A. Rams	12	2	0	0	1
1974	L.A. Rams	10	4	0	1	1
1975	L.A. Rams	12	2	0	1	1
1976	L.A. Rams	10	3	1	1	1
1977	L.A. Rams	10	4	0	0	1
1978	Buffalo	5	11	0	0	0
1979	Buffalo	7	9	0	0	0
1980	Buffalo	11	5	0	0	1
1981	Buffalo	10	6	0	1	1
1982	Buffalo	4	5	0	0	0
1983	Seattle	9	7	0	2	1
1984	Seattle	12	4	0	1	1
1985	Seattle	8	8	0	0	0
1986	Seattle	10	6	0	0	0
1987	Seattle	9	6	0	0	1
1988	Seattle	9	7	0	0	1
1989	Seattle	7	9	0	0	0
1990	Seattle	9	7	0	0	0
1991	Seattle	7	9	0	0	0
1992	L.A. Rams	6	10	0	0	0
1993	L.A. Rams	5	11	0	0	0
1994	L.A. Rams	4	12	0	0	0
Career Totals		**186**	**147**	**1**	**7**	**11**
Seahawks Totals		**80**	**63**	**0**	**3**	**4**



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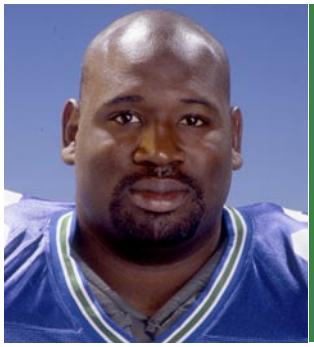


96 | DEFENSIVE TACKLE
CORTEZ KENNEDY

Height: 6-3	**Weight:** 306
Seasons	11 Seahawks Seasons
How Acq'd	1st Round 1990
Career G/S	167/153
Born	August 23, 1968
College	Miami
Hometown	Wilson, Arkansas
Ring of Honor	September 17, 2006

'12 | AP 1ST TEAM '92 | AP 1ST TEAM '93 | AP 1ST TEAM '94 | AP 2ND TEAM '96 | '91 | '92 | '93 | '94 | '95 | '96 | '98 | '99

Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on September 17, 2006, and was elected to the Pro Football Hall of Fame on February 4, 2012. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in eight Pro Bowls, making six consecutive appearances (1991-96), including four as a starter. The four-time All-Pro finished his career found throughout the Seahawks record books, ranking sixth on the club's all-time list in games played (167), sixth in games started (153) and seventh in tackles (668). Kennedy ranked fourth in sacks (58.0), third in yards lost on sacks (392.0), and fourth in forced fumbles (13). His finest season came in 1992, on a 2-14 team, when he became the second Seahawks player to win the Associated Press NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), a career-high 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 co-defensive captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.

KENNEDY'S SINGLE-GAME HIGHS

- **Tackles:** 12 vs. Kansas City (12/1/91)
- **Sacks:** 3.0 twice, last at Green Bay (11/1/99)
- **Interceptions:** 1 three times, last at Atlanta (12/3/00)
- **FF:** *2 at New England (9/20/92)
- **Touchdowns:** 1 (FR) vs. San Diego (12/13/98)

* Franchise Record

KENNEDY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	FF	FR
1990	Seattle	16/2	48	1.0	0	1	1
1991	Seattle	16/16	73	6.5	0	1	0
1992	Seattle	16/16	93	14.0	0	4	1
1993	Seattle	16/16	77	6.5	0	1	1
1994	Seattle	16/16	70	4.0	0	1	1
1995	Seattle	16/16	54	6.5	0	1	0
1996	Seattle	16/16	69	8.0	0	2	0
1997	Seattle	8/8	18	2.0	0	0	0
1998	Seattle	15/15	43	2.0	0	0	1
1999	Seattle	16/16	73	6.5	2	2	0
2000	Seattle	16/16	50	1.0	1	0	0
Career Totals		**167/153**	**668**	**58.0**	**3**	**13**	**5**
Seahawks Totals		**167/153**	**668**	**58.0**	**3**	**13**	**5**

Playoff Games Played/Started: 1999: 1/1. **Career:** 1/1

RING OF HONOR

71 | TACKLE
WALTER JONES

Height: 6-5	**Weight:** 325
Seasons	13 Seahawks Seasons
How Acq'd	1st Round 1997
Career G/S	180/180
Born	January 19, 1974
College	Florida State
Hometown	Aliceville, Alabama
Ring of Honor	November 2, 2014

'14 | AP 1ST TEAM '01 | AP 1ST TEAM '04 | AP 1ST TEAM '05 | AP 2ND TEAM '06 | AP 1ST TEAM '07 | AP 2ND TEAM '08 | '99 | '01 | '02 | '03 | '04 | '05 | '06 | '07 | '08

Walter Jones was the 11th member inducted in to the Ring of Honor, and the 10th player chosen. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks, according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (first-team in 2001, 2004, 2005, 2007 and second-team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the Pro Football Hall of Fame on August 2, 2014.

JONES' NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1997	Seattle	12/12		2004	Seattle	16/16	1/1
1998	Seattle	16/16		2005	Seattle	15/15	3/3
1999	Seattle	16/16	1/1	2006	Seattle	16/16	2/2
2000	Seattle	16/16		2007	Seattle	15/15	2/2
2001	Seattle	16/16		2008	Seattle	12/12	
2002	Seattle	14/14		2009	Seattle	Injured Reserve	
2003	Seattle	16/16	1/1	**NFL TOTALS**		**180/180**	**10/10**

RING OF HONOR

CHAIRMAN
PAUL G. ALLEN

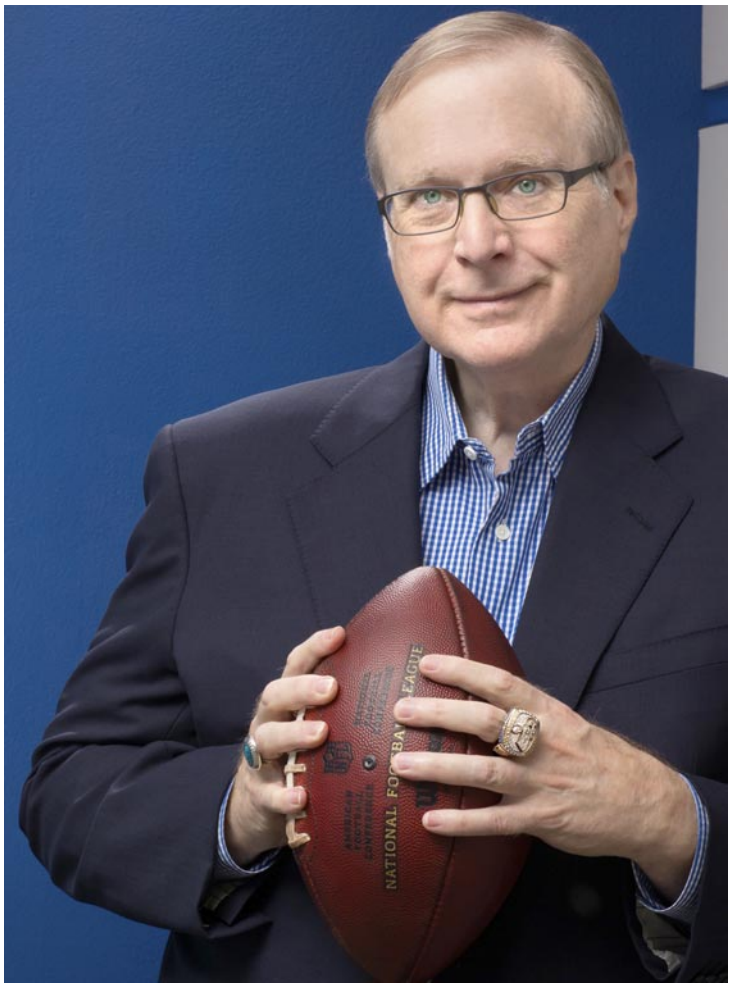
Seasons	22 Seahawks Seasons (1997-18)
Born	January 21, 1953
College	Washington State
Hometown	Seattle, Washington
Ring of Honor	October 3, 2019

Paul G. Allen was inducted to the Seahawks Ring of Honor on October 3, 2019. Allen, who passed away on October 15, 2018, due to complications of non-Hodgkin's lymphoma, was the 12th member of the Ring of Honor. Under Allen's guidance, the Seahawks achieved new levels of success over two decades, first under head coach Mike Holmgren, who was one of Allen's most important early hires, and then under Pete Carroll and John Schneider, who Allen brought together in 2010. Prior to Allen purchasing the team, the Seahawks had eight winning seasons, won 10 or more games twice, earned four playoff berths, won their division once and advanced to one AFC Championship Game. During Allen's ownership from 1997-2018, the Seahawks reached the postseason 13 times, won nine division titles, enjoyed nine seasons with 10 or more wins, and played in three Super Bowls, winning Super Bowl XLVIII to bring the Lombardi Trophy to Seattle for the first time. In addition to owning the Seahawks and the Portland Trail Blazers, Allen was a technology pioneer who co-founded Microsoft, then later launched Vulcan, Inc., Stratolaunch Systems, the Allen Institute and the Allen Institute for Artificial Intelligence. He was a philanthropist and conservationist who used his considerable wealth and influence to make a difference in so many ways around the world, giving more than $2.5 billion to causes near and dear to his heart; he enriched Seattle's art and music scene while also playing a mean guitar himself; he made amazing discoveries at the bottoms of oceans; he rebuilt Seattle's South Lake Union neighborhood, and did so much more to make the Seattle area and the world a better and more interesting place.

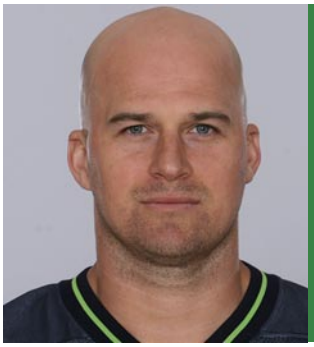
SEAHAWKS RECORD UNDER ALLEN

	Regular Season			Postseason		Div. Finish
	Won	Lost	Tied	Won	Lost	
1997	8	8	0	0	0	3rd
1998	8	8	0	0	0	3rd
1999	9	7	0	0	1	1st
2000	6	10	0	0	0	4th
2001	9	7	0	0	0	2nd
2002	7	9	0	0	0	3rd
2003	10	6	0	0	1	2nd
2004	9	7	0	0	1	1st
2005*	13	3	0	2	1	1st
2006	9	7	0	1	1	1st
2007	10	6	0	1	1	1st
2008	4	12	0	0	0	3rd
2009	5	11	0	0	0	3rd
2010	7	9	0	1	1	1st
2011	7	9	0	0	0	3rd
2012	11	5	0	1	1	2nd
2013*#	13	3	0	3	0	1st
2014*	12	4	0	2	1	1st
2015	10	6	0	1	1	2nd
2016	10	5	1	1	1	1st
2017	9	7	0	0	0	2nd
2018	10	6	0	0	1	2nd
Totals	**196**	**155**	**1**	**13**	**12**	

*NFC Champions #Super Bowl Champions



RING OF HONOR



8 | QUARTERBACK
MATT HASSELBECK

Height: 6-4	**Weight:** 225
Seasons	10 Seahawks Seasons
How Acq'd	Trade (GB) 2001
Career G/S	209/160
Born	September 25, 1975
College	Boston College
Hometown	Westwood, Massachusetts
Ring of Honor	October 25, 2021

'03 '05 '07

Matt Hasselbeck was the 13th member inducted in to the Ring of Honor, and the 10th player chosen. Hasselbeck, who Mike Holmgren traded for as his hand-picked quarterback on March 2, 2001, started 131 of 138 regular season games played and started all 11 postseason games played for Seattle from 2001-10. He was a three-time Pro Bowler (2003, 2005, 2007), nine-time team captain (2001, 2003-10), the 2003 Seahawks Man of the Year, 2009 Largent Award recipient and led Seattle to its first Super Bowl appearance in 2005 with a franchise-best 13-3 record. He finished his time in Seattle as the franchise's all-time leader in attempts (4,250), completions (2,559), yards (29,434) and career wins (74), and second in touchdowns (174). Hasselbeck finished his playing career with Tennessee (2011-12) and Indianapolis (2013-15), where he started 29 of 39 games played to end his career.

HASSELBECK'S SINGLE-GAME HIGHS

- **Attempts:** 55 at San Francisco (12/1/02)
- **Completions:** *39 vs. Detroit (11/8/09)
- **Yards:** 449 at San Diego (12/29/02)
- **Longest:** 87t vs. Kansas City (11/28/10)
- **Most TDs:** *5 twice, last vs. N.Y. Giants (9/24/06)

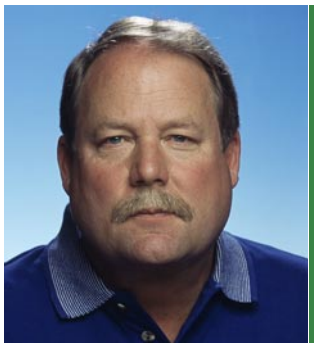
* Franchise Record

HASSELBECK'S NFL RECORD

PASSING

Year	Club	G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1999	Green Bay	16/0	10	3	41	30.0	1	0	19	1/9	77.5
2000	Green Bay	16/0	19	10	104	52.6	1	0	27t	1/2	86.3
2001	Seattle	13/12	321	176	2,023	54.8	7	8	64	38/251	70.9
2002	Seattle	16/10	419	267	3,075	63.7	15	10	49	26/143	87.8
2003	Seattle	16/16	513	313	3,841	61.0	26	15	80t	42/246	88.8
2004	Seattle	14/14	474	279	3,382	58.9	22	15	60	30/155	83.1
2005	Seattle	16/16	449	294	3,459	65.5	24	9	56	24/154	98.2
2006	Seattle	12/12	371	210	2,442	56.5	18	15	72t	34/229	76.0
2007	Seattle	16/16	562	352	3,966	62.6	28	12	65	33/204	91.4
2008	Seattle	7/7	209	109	1,216	52.2	5	10	34	19/119	57.8
2009	Seattle	14/14	488	293	3,029	60.0	17	17	53	32/209	75.1
2010	Seattle	14/14	444	266	3,001	59.9	12	17	87t	29/175	73.2
2011	Tennessee	16/16	518	319	3,571	61.6	18	14	80t	19/153	82.4
2012	Tennessee	8/5	221	138	1,367	62.4	7	5	37	14/103	81.0
2013	Indianapolis	3/0	12	7	130	58.3	0	1	57	0/0	61.1
2014	Indianapolis	4/0	44	30	301	68.2	2	0	32	2/7	102.6
2015	Indianapolis	8/8	256	156	1,690	60.9	9	5	57	16/101	84.0
Career Totals		**209/160**	**5,330**	**3,222**	**36,638**	**60.5**	**212**	**153**	**87t**	**360/2,260**	**82.4**
Seahawks Totals		**138/131**	**4,250**	**2,559**	**29,434**	**60.2**	**174**	**128**	**87t**	**307/1,885**	**82.2**

RING OF HONOR



HEAD COACH
MIKE HOLMGREN

Seasons	10 Seahawks Seasons (1999-2008)
Born	June 15, 1948
College	USC
Hometown	San Francisco, California
Ring of Honor	October 31, 2021

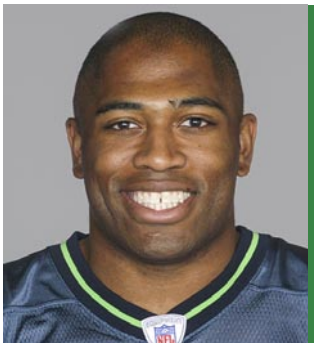
Mike Holmgren was the 14th member inducted in to the Ring of Honor, and second head coach chosen. He was announced as Executive Vice President of Football Operations/General Manager & Head Coach on January 8, 1999. He built Seattle in to a perennial winner and Super Bowl contender to begin the decade. He acquired Matt Hasselbeck, drafted Hall of Fame guard Steve Hutchinson to team with Hall of Fame tackle Walter Jones, drafted league MVP running back Shaun Alexander, and starting wide receivers Darrell Jackson and Koren Robinson. His defenses featured John Randle, Chad Brown, Marcus Trufant, Ken Hamlin and Lofa Tatupu. The Seahawks won five division titles (1999, 2004-07), had a winning record in seven of his 10 seasons, with six playoff appearances and three 10-win seasons. In the previous 23 seasons before Holmgren's arrival, Seattle had a winning record eight times, won one division title, with four playoff appearances and two 10-win seasons. He was the winningest Seattle head coach with a 90-80 combined record (regular & postseason) at the time of his departure. His teams recorded five consecutive winning seasons (2003-07) for the first time in franchise history and set the club's single-season record with 11 consecutive victories in 2005. Holmgren is one of five head coaches to take two different teams to a Super Bowl and win at least one title, and became the first coach in NFL history to record 75 or more wins with two franchises (Green Bay). Voted on by the Professional Football Writers of America, Holmgren was named the 2007 Horrigan Award Winner, given to the person (not a player or team media relations member) who helped the media best do its job during the season, and was the 2008 recipient of the Largent Award.

HOLMGREN'S NFL RECORD

		Regular Season			Postseason	
	Club	**Won**	**Lost**	**Tied**	**Won**	**Lost**
1992	Green Bay	9	7	0	-	-
1993	Green Bay	9	7	0	1	1
1994	Green Bay	9	7	0	1	1
1995	Green Bay	11	5	0	2	1
1996*#	Green Bay	13	3	0	3	0
1997*	Green Bay	13	3	0	2	1
1998	Green Bay	11	5	0	0	1
1999	Seattle	9	7	0	0	1
2000	Seattle	6	10	0	-	-
2001	Seattle	9	7	0	-	-
2002	Seattle	7	9	0	-	-
2003	Seattle	10	6	0	0	1
2004	Seattle	9	7	0	0	1
2005*	Seattle	13	3	0	2	1
2006	Seattle	9	7	0	1	1
2007	Seattle	10	6	0	1	1
2008	Seattle	4	12	0	-	-
Career Totals		**161**	**111**	**0**	**13**	**11**
Seahawks Totals		**86**	**74**	**0**	**4**	**6**

*NFC Champions #Super Bowl Champions

RING OF HONOR



37 | RUNNING BACK
SHAUN ALEXANDER

Height: 5-11	**Weight:** 225
Seasons	8 Seahawks Seasons
How Acq'd	1st Round 2000
Career G/S	123/96
Born	August 30, 1977
College	Alabama
Hometown	Florence, Kentucky
Ring of Honor	October 16, 2022

AP 2ND TEAM '04 | AP 1ST TEAM '05 | PRO BOWL '03 | PRO BOWL '04 | PRO BOWL '05

Shaun Alexander was the 15th member, 11th player, inducted in to the Seahawks Ring of Honor, becoming the third representative of Seattle's 2005 Super Bowl XL team to enter the Ring, joining Matt Hasselbeck and Mike Holmgren, who were inducted in 2021. Alexander, who scored an NFL-record five touchdowns in a half vs. Minnesota in 2002, ranks first in at least 20 career, season, or single-game franchise records, including: rushing attempts (2,176), rushing yards (9,429), rushing touchdowns (100), total touchdowns (112), single-game rushing attempts (40), single-game rushing yards (266), single-game rushing touchdowns (4) and longest rush (88t). The 2005 AP NFL Most Valuable Player had a career-year setting franchise records in attempts (370), yards (1,880), rushing touchdowns (27) and total touchdowns (28), leading Seattle to Super Bowl XL in Detroit. He was also Seattle's nominee for the Walter Payton NFL Man of the Year. Drafted 19th overall by Holmgren in the 2000 NFL Draft, Alexander became a two-time AP All-Pro (second-team in 2004; first-team in 2005), three-time Pro Bowler (2003-05), and voted to the NFL All-Decade Team of the 2000s. He started 96 of 119 regular season games played and all nine postseason games played for Seattle from 2000-07. Alexander finished his playing career in Washington (2008).

ALEXANDER'S SINGLE-GAME HIGHS

- **Rushes:** *40 vs. Green Bay (11/27/06)
- **Yards:** *266 vs. Oakland (11/11/01)
- **Longest:** *88t twice, last at Arizona (11/6/05)
- **TDs:** *4 three times, last vs. Houston (10/16/05)
- **Receptions:** 8 twice, last at San Francisco (12/1/02)
- **Yards:** 92 vs. Minnesota (9/29/02)
- **Longest:** 80t vs. Minnesota (9/29/02)
- **TDs:** 1 12 times, last vs. Baltimore (12/23/07)
- **Total TDs:** *5 (4-R, 1-P) vs. Minnesota (9/29/02)

* Franchise Record

ALEXANDER'S NFL RECORD

			Rushing					Receiving				
	Club	**G/S**	**Att.**	**Yds.**	**Avg.**	**LG**	**TD**	**No.**	**Yds.**	**Avg.**	**LG**	**TD**
2000	Seattle	16/1	64	313	4.9	50	2	5	41	8.2	18	0
2001	Seattle	16/12	309	1,318	4.3	88t	14	44	343	7.8	28t	2
2002	Seattle	16/16	295	1,175	4.0	58	16	59	460	7.8	80t	2
2003	Seattle	16/15	326	1,435	4.4	55	14	42	295	7.0	22	2
2004	Seattle	16/16	353	1,696	4.8	44	16	23	170	7.4	24	4
2005	Seattle	16/16	370	1,880	5.1	88t	27	15	78	5.2	9	1
2006	Seattle	10/10	252	896	3.6	33t	7	12	48	4.0	14	0
2007	Seattle	13/10	207	716	3.5	25	4	14	76	5.4	18	1
2008	Washington	4/0	11	24	2.2	8	0	1	9	9.0	9	0
Career Totals		**123/96**	**2,187**	**9,453**	**4.3**	**88t**	**100**	**215**	**1,520**	**7.1**	**80t**	**12**
Seahawks Totals		**119/96**	**2,176**	**9,429**	**4.3**	**88t**	**100**	**214**	**1,511**	**7.1**	**80t**	**12**

FAN INFORMATION

A TRADITION CONTINUES

In 2003, the 12s were honored once again, this time with a flag. The tradition of the 12 Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag vs. the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12s. From former Seahawks Legends, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

2024 SEASON

08/24	Cleveland	UW Rowing Olympic Team
09/08	Denver	Kam Chancellor (Seahawks Legend)
09/22	Miami	Olympian Jordan Chiles
10/06	N.Y. Giants	Walter Jones (Seahawks Legend)
10/10	San Francisco	Marcus Trufant (Seahawks Legend)
10/27	Buffalo	Lofa Tatupu (Seahawks Legend)
11/03	L.A. Rams	Kasey Keller (Former USMNT Goalie)
11/24	Arizona	Harvey J. Drahos (WWII Veteran)
12/15	Green Bay	Jon Ryan (Seahawks Legend)
12/22	Minnesota	Lenny Wilkens (Former Sonics coach)

ALL-TIME 12 FLAG RAISERS

2023 SEASON

08/10	Minnesota	Ross Mathews (TV Host)
08/19	Dallas	Seneca Wallace (Seahawks Legend)
09/10	L.A. Rams	Ricky Watters (Seahawks Legend)
09/24	Carolina	Malcolm Smith (Seahawks Legend)
10/22	Arizona	Gus Johansson (Cancer Survivor)
10/29	Cleveland	Bill Nye (Scientist)
11/12	Washington	Jim Martinson (Veteran)
11/23	San Francisco	Blake Snell (MLB Pitcher)
12/18	Philadelphia	Golden Tate (Seahawks Legend)
12/31	Pittsburgh	Julio Rodriguez (Seattle Mariners CF)

ALL-TIME 12 FLAG RAISERS, CONTINUED

2022 SEASON

08/18	Chicago	Paolo Banchero (NBA Forward)
09/12	Denver	K.J. Wright (Seahawks Legend)
09/25	Atlanta	Sue Bird (Seattle Storm)
10/16	Arizona	Shaun Alexander (Ring of Honor Inductee)
10/30	N.Y. Giants	Earl Plumlee (Veteran)
11/27	Las Vegas	Cal Raleigh (Mariners Catcher)
12/11	Carolina	Jo Koy (Comedian)
12/15	San Francisco	Jordan Morris & Christian Roldan (USMNT)
01/01	N.Y. Jets	Rainn Wilson (Actor)
01/08	L.A. Rams	12 Day 1 season ticket holders

2021 SEASON

08/21	Denver	Dr. Helen Chu (Washingtonian of the Year)
08/28	L.A. Chargers	Nevin Harrison (Olympic Gold Medalist)
09/19	Tennessee	Doug Baldwin Jr. (Seahawks Legend)
10/07	L.A. Rams	Robbie Tobeck (Seahawks Legend)
10/25	Saints	Matt Hasselbeck (Ring of Honor Inductee)
10/31	Jaguars	Mike Holmgren (Ring of Honor Inductee)
11/21	Arizona	Alfie Alvarado-Ramos (Veteran)
12/05	San Francisco	Michael Bennett (Seahawks Legend)
12/26	Chicago	High School Coaches of the Year
01/02	Detroit	Jermaine Kearse (Seahawks Legend)

2020 SEASON

09/13	New England	Dr. Eliot Fagley, (Virginia Mason Medical Center COVID-19 Response Team)
09/27	Dallas	Masaki Matsumoto (Lincoln H.S. Head Football Coach)
10/11	Minnesota	Dr. Ben Danielson (Odessa Brown Children's Clinic)
11/01	San Francisco	Lt. Adam Villard & Chris Hoagland (Spokane County Fire Station 81)
11/19	Arizona	A1C Ian Storm & SPC Tyler Pierso (Washington Army National Guard)
12/06	N.Y. Giants	Brooke Brown & Melito Ramirez (Washington State Teacher of the Year and Washington State Classified School Employee of the Year)
12/13	N.Y. Jets	Sean Goode (Executive Director/CHOOSE 180)
12/27	L.A. Rams	12s Everywhere (12s around the globe were chosen to raise the 12 Flag in their hometown
01/09	L.A. Rams	Seahawks COVID-19 Testing Team

2019 SEASON

08/08	Denver	1979 Seattle Sonics championship team
08/29	Oakland	Katelyn Ohashi (UCLA Gymnast)
09/08	Cincinnati	Zach Miller (Seahawks Legend)
09/22	New Orleans	Jeff Bryant, Jacob Green, Joe Nash (Seahawks Legends)
10/03	L.A. Rams	Jody Allen (Seahawks Chair)
10/20	Baltimore	Mike McCready (Musician)
11/03	Tampa Bay	Ryan Hendrickson (Veteran)
12/02	Minnesota	Dave Matthews (Musician)
12/22	Arizona	State Championship High School Football Coaches
12/29	San Francisco	Brian Bosworth (Seahawks Legend)

2018 SEASON

08/09	Indianapolis	Federal Way Thunder (Special Olympics Unified Flag Football)
08/30	Oakland	T.J. Oshie (Mt. Vernon native and NHL RW)
09/23	Dallas	Kam Chancellor (Seahawks Legend)
10/07	L.A. Rams	Red Bryant (Seahawks Legend)
11/04	L.A. Chargers	In Memory of Paul Allen
11/15	Green Bay	Art Unruh (Veteran)
12/02	San Francisco	Jeffrey Dean Morgan (Actor)
12/10	Minnesota	Matt Hasselbeck (Seahawks Legend)
12/23	Kansas City	Cliff Avril (Seahawks Legend)
12/01	Arizona	State Championship High School Coaches

2017 SEASON

08/18	Minnesota	Mike McClaughry (Police Officer)
08/25	Kansas City	Sue Bird (Seattle Storm G)
09/17	San Francisco	Lofa Tatupu (Seahawks Legend)
10/01	Indianapolis	Walter Jones, Steve Largent, Courtney Kennedy (Seahawks Hall of Famers)
10/29	Houston	Dan Wilson (Former Mariners C)
11/05	Washington	Sidney Rice (Seahawks Legend)
11/20	Atlanta	Barbara Nichols (Veteran)
12/03	Philadelphia	Chris Pratt (Actor)
12/17	L.A. Rams	State Championship High School Coaches
12/31	Arizona	Sam Perkins (Former Sonics Forward)

2016 SEASON

08/18	Minnesota	Daniel Lyon (Fire Fighter)
08/25	Dallas	Miesha Tate (UFC Fighter)
09/11	Miami	Jack Patera (Former Seahawks Head Coach)
09/25	San Francisco	Jamal Crawford (NBA Guard)
10/16	Atlanta	Duff McKagan (Musician)
11/07	Buffalo	Nate Boyer (Veteran)
11/20	Philadelphia	Robinson Cano (Mariners 2B)
12/04	Carolina	Ricardo Lockette (Seahawks Legend)
12/15	L.A. Rams	Chris Petersen (UW Head Football Coach)
12/24	Arizona	Nate Burleson (Seahawks Legend)
01/07	Detroit	Steve Hutchinson (Seahawks Legend)

2015 SEASON

08/14	Denver	Steve Niehaus (Seahawks Legend)
09/03	Oakland	Norm Evans (Seahawks Legend)
09/27	Chicago	Darrell Jackson (Seahawks Legend)
10/05	Detroit	Nelson Cruz (Mariners OF)
10/18	Carolina	Sir Mix-a-Lot (Hip Hop artist)
11/15	Arizona	Clayton Pitre (Veteran)
11/22	San Francisco	Randy Johnson (MLB HOF)
11/29	Pittsburgh	Spencer Haywood (NBA HOF)
12/20	Cleveland	Michael Sinclair (Seahawks Legend)
12/27	St. Louis	Joel McHale (Comedian & Former UW TE)

ALL-TIME 12 FLAG RAISERS, CONTINUED

2014 SEASON

08/15	San Diego	Oso Mudslide First Responders
08/22	Chicago	DeAndre Yedlin (Sounders FC Defender)
09/04	Green Bay	Walter Jones, Cortez Kennedy, Steve Largent (Seahawks Hall of Famers)
09/21	Denver	Nate Robinson (NBA Guard and UW Alum)
10/12	Dallas	Jordan Babineaux (Seahawks Legend)
11/02	Oakland	C. Gray, S. Hutchinson, S. Locklear, R. Tobeck (Seahawks Legends)
11/09	N.Y. Giants	Scott Smiley (Veteran)
11/23	Arizona	Lawyer Milloy (Seahawks Legend)
12/14	San Francisco	John Olerud (Former Mariners 1B)
12/28	St. Louis	George Karl (Former Sonics Head Coach)
01/10	Carolina	Kenny Easley (Seahawks Legend)
01/18	Green Bay	Paul Allen (Seahawks Chairman)

2013 SEASON

08/17	Denver	Blair Bush (Seahawks Legend)
08/29	Oakland	Derrick Jensen (Former Seahawks scout)
09/15	San Francisco	Shaun Alexander (Seahawks Legend)
09/22	Jacksonville	Jack Sikma (Former Sonics F/C)
10/13	Tennessee	Sammamish Little League
11/03	Tampa Bay	1983 Seahawks playoff team
11/17	Minnesota	Bruce Crandall (Vietnam veteran)
12/02	New Orleans	Fred Couples (Seattle native, pro golfer)
12/22	Arizona	Nathan Adrian (Olympic swimmer)
12/29	St. Louis	Jay Buhner (Former Mariners OF)
01/11	New Orleans	Jim Zorn (Seahawks Legend)
01/19	San Francisco	Paul Allen (Seahawks Chairman)

2012 SEASON

08/11	Tennessee	Steve August (Seahawks Legend)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Seahawks Legend)
09/24	Green Bay	Trent Dilfer (Seahawks Legend)
10/14	New England	Walter Jones (Seahawks Legend)
11/04	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/09	Arizona	Jon Kitna (Seahawks Legend)
12/23	San Francisco	Sam Adams (Seahawks Legend
12/30	St. Louis	Sigi Schmid (Sounders FC Head Coach)

2011 SEASON

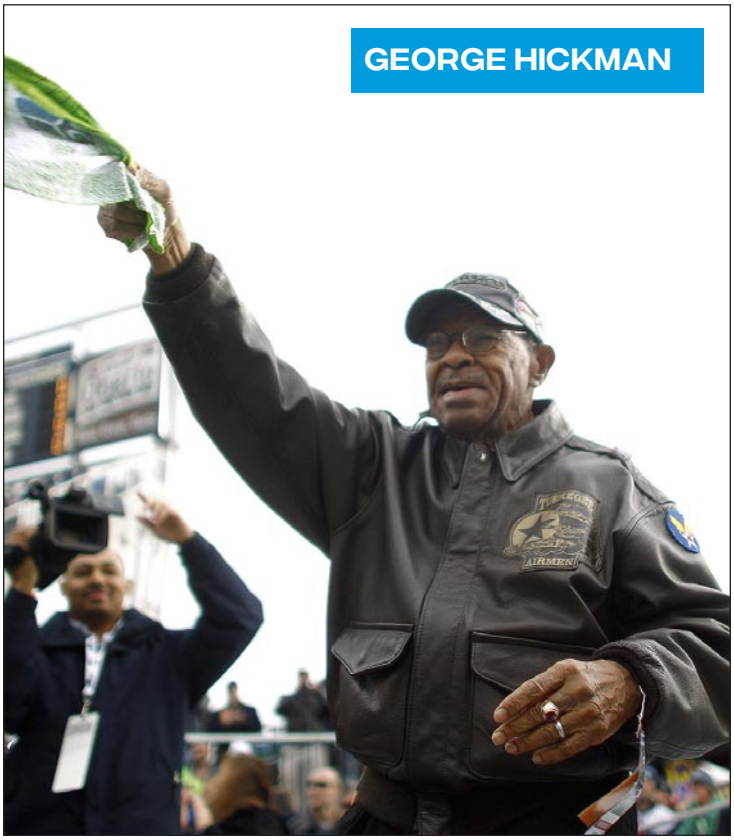
08/20	Minnesota	Chip Hanauer (Hydroplane driver)
09/02	Oakland	Greg Haugen (Former lightweight boxing champion)
09/25	Arizona	Chris Warren (Seahawks Legend)
10/02	Atlanta	Jason Terry (Former Franklin H.S. and NBA guard)
10/30	Cincinnati	Felix Hernandez (Seattle Mariners pitcher)
11/13	Baltimore	George Hickman (Former Tuskegee airman)
11/27	Washington	Rufus Porter (Former Seahawks LB)
12/01	Philadelphia	Bill Russell (NBA Hall of Fame center)
12/12	St. Louis	Cortez Kennedy (Seahawks Hall of Famer)
12/24	San Francisco	Shawn Kemp (Former NBA and Sonics All-Star)

2010 SEASON

08/14	Tennessee	Frank Beede (Seahawks Legend; National Teacher of the Year)
08/21	Green Bay	J.R. Celski (Olympic speedskater)
09/12	San Francisco	Chad Brown (Seahawks Legend)
09/26	San Diego	Nate McMillan (Former Sonic and Blazers Head Coach)
10/24	Arizona	Isaiah Kacyvenski (Seahawks Legend)
11/07	N.Y. Giants	Buck Compton (Veteran)
11/28	Kansas City	Tom Skerritt (Actor)
12/05	Carolina	Howard Mudd (Former Seahawks OL coach)
12/19	Atlanta	Tim Lincecum (Former UW and SF Giants pitcher)
01/02	St. Louis	Brian Blades (Seahawks Legend)
01/08	New Orleans	Walter Jones (Seahawks Legend)

2009 SEASON

08/22	Denver	Central Washington softball players
09/03	Oakland	Jon Fine (United Way CEO)
09/13	St. Louis	Jacob Green (Seahawks Legend)
09/27	Chicago	Jim Whittaker (Mountaineer)
10/11	Jacksonville	Edwin Bailey (Seahawks Legend)
10/18	Arizona	Rusty Tillman (Former Seahawks Special Teams Coach)
11/8	Detroit	Huston Riley (Veteran)
12/6	San Francisco	Fred Brown, John Johnson and Gus Williams (Former Sonics players)
12/20	Tampa Bay	Kasey Keller (Sounders FC Goalkeeper)
01/02	Tennessee	Ken Griffey Jr. (Former Mariners CF)



ALL-TIME 12 FLAG RAISERS, CONTINUED

2008 SEASON

08/16	Chicago	Paul Moyer (Seahawks Legend)
08/29	Oakland	J.P. Patches (Children's TV Personality)
09/14	San Francisco	Chris Gray (Seahawks Legend)
09/21	St. Louis	Kenny Mayne (ESPN Reporter)
10/12	Green Bay	Gary Payton (Former NBA and Sonics All-Star)
11/02	Philadelphia	John L. Williams (Seahawks Legend)
11/16	Arizona	Ricky Watters (Seahawks Legend)
11/23	Washington	Hope Solo (Olympian Goalkeeper)
12/07	New England	Sam Adkins (Seahawks Legend)
12/21	N.Y. Jets	Kathy Holmgren (Coach Holmgren's wife)

2007 SEASON

08/25	Minnesota	Dan Doornink (Seahawks Legend)
08/30	Oakland	Jeff Bryant (Seahawks Legend)
09/09	Tampa Bay	Mama Blue (Longtime Seahawks Fan)
09/23	Cincinnati	Apolo Ohno (Olympian)
10/14	New Orleans	Mack Strong (Seahawks Legend)
10/21	St. Louis	Ichiro Suzuki (Mariners CF)
11/12	San Francisco	Drew Carey (Sounders FC Minority Owner, Actor)
11/18	Chicago	Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
12/9	Arizona	Sig Hansen (Deadliest Catch)
12/23	Baltimore	Robbie Tobeck (Seahawks Legend)
01/05	Washington	Jamie Moyer (Former Mariners Pitcher)

2006 SEASON

08/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
08/31	Oakland	Norm Johnson (Seahawks Legend)
09/17	Arizona	Cortez Kennedy (Seahawks Legend)
09/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)
11/06	Oakland	Warren Moon (Pro Football Hall of Fame)
11/12	St. Louis	Lenny Wilkens (Former Seattle Sonics Coach)
11/27	Green Bay	Kasey Kahne (NASCAR Driver)
12/14	San Francisco	Bill (The Beerman) Scott
12/24	San Diego	Josh Lucas (Actor)
01/06	Dallas	Marcus Trufant (Seahawks Legend)

2005 SEASON

08/22	Dallas	David Eger (Inaugural BGSC Champion)
09/02	Minnesota	Sam McCullum (Seahawks Legend)
09/18	Atlanta	Joe Nash (Seahawks Legend)
09/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efren Herrera (Seahawks Legend)
11/13	St. Louis	Manu Tuiasosopo (Seahawks Legend)
11/27	N.Y. Giants	Lorenzo Romar (Former UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Seahawks Legend
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
01/14	Washington	Ken Hamlin (Seahawks Legend)
01/22	Carolina	Paul Allen (Seahawks Chairman)

2004 SEASON

08/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
09/02	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
09/26	San Francisco	Dave Krieg (Seahawks Legend)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Seahawks Legend)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/06	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
01/02	Atlanta	Mothers of Seahawks Players
01/08	St. Louis	Ring of Honor Members

2003 SEASON

10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Seahawks Legend)
11/02	Pittsburgh	Curt Warner (Seahawks Legend)
11/16	Detroit	Steve Largent (Seahawks Legend)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

SEAHAWKS DANCERS

Seahawks Dancers Director Courtney Moore

The Seahawks Dancers are the official dance group of the Seahawks, balancing a busy schedule of practicing, performing, and making public appearances in the community throughout the year. Formerly known as the Sea Gals, the group was re-named the Seahawks Dancers in 2019 to reflect an overall evolution of the group as it focuses on greater diversity in performances and performers. The team is made up of a mix of female and male dancers specializing in NFL jazz/pom style dance, as well as NFL hip hop.

Courtney Moore was named Director of the Seahawks Dancers in 2018 and has been involved with the dance team since 2008 as a squad member (2008-14) and choreographer (2015-17). The 2025 season will be her eighth as Director. Former dancers Melissa Hornberger, Carli Brockman, and Jackie Ablao continue as assistants to the program in management and choreography.

In addition to numerous practices and gameday performances, the Seahawks Dancers are heavily involved in the community and spend many hours supporting numerous local charities and organizations as part of the Seahawks' community engagement program. For over 30 years, the Seahawks Dancers have held an annual fundraising event to provide Christmas gifts for the women and children living at a local women's shelter. The money raised by the squad was donated to Broadview Women and Children's Shelter, and New Beginnings, another organization that supports victims of domestic violence.

The Junior Seahawks Dancers group has become a popular program for kids ages seven to 14 and is coming back for both clinics and halftime this season. The current team's dancers work directly with these young girls and boys to develop character, team building and dance skills.

The Seahawks Dancers "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The group has performed across the United States, Middle East, Africa, the South Pacific, and European military bases.

Fans can learn more about the squad at seahawks.com/dancers.

BLITZ, BAM C. HAWK & BOOM

As the Seahawks mascot, the one and only Blitz does his part to make sure Lumen Field is the loudest stadium in the NFL. When Blitz isn't entertaining fans at Lumen Field, he can be found scooting across the state; raising money to buy shoes for kids through his KICKS4KIDS program. He also attends local school events, supports the Seahawks Flag Football program, visits the surrounding communities and attends private events.

Blitz is available to attend birthday parties, company events, weddings, etc. Send invitations to Blitz@Seahawks.com.

Born:	**September 13, 1999**
Birthplace:	**Kingdome**
Home:	**Lumen Field**
Height:	**6' 1" (a touchdown & extra point)**
Weight:	**Featherweight**
Hobbies:	**Reading, Fitness and Birdwatching**

Bam C. Hawk was introduced to the 12s on September 8, 2024, at Lumen Field. He will be representing the 12s internationally in the team's Deutschland market. You can find Bam at a wide variety of events from flag football camps to a select number of Rhein Fire home football games, and several events throughout Germany, Austria, and Switzerland.

Boom arrived in Seattle on September 21, 2014. Boom is a sidekick to Blitz and can be found attending many of the Seahawks family friendly events. Fans can meet Boom in Ticketmaster Tailgate before Seahawks games and roaming the concourses throughout the game. Follow Boom on X @BoomtheSeahawk.

BLUE THUNDER

Seahawks Blue Thunder is the heartbeat of the 12s. This high-energy entertainment drumline will be entering their 22nd season performing throughout the stadium before, during and after games.

Not your typical drumline, Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties, and corporate event appearances. Amplify your next event at:

Seahawks Blue Thunder Appearance Requests | Seattle Seahawks – seahawks.com

SEA HAWKERS

OUR MISSION

To make the world a better place by raising awareness and funds for charities in the spirit of the 12s.

OUR VISION

To create chapters across the globe in support of helping every community realize their own spirit of the 12s.

OUR PURPOSE

Established in 1976, the Sea Hawkers Booster Club is also celebrating its 50th season. It has been a vital extension of the Seattle Seahawks. Led by the fans, the Sea Hawkers first started with five Washington chapters but have since expanded not only nationwide but worldwide. The organization has members in 35 countries and 39 U.S. states. U.S. Military members are considered honorary Sea Hawkers for their service and their membership is complimentary. As of January 2025, the Sea Hawkers Booster Club is a team of 36 chapters and 10,000-plus members strong.

It is the Sea Hawkers' mission to continue to be community-minded. As a 501c3 non-profit organization our members have conducted everything from local food drives to helping Blitz with his annual Kicks4Kids campaign to traveling the globe cheering on the team. The Sea Hawkers have a strong commitment to supporting our communities and the Seahawks across the world. The Sea Hawkers raised more than $609K and volunteered over 48,000 hours in 2024.

Sea Hawkers always bring the noise wherever we are, but it's our heart that truly makes us the greatest fan club in the NFL. If you are a passionate Seahawks fan, with care for both the team and your community, the Sea Hawkers are for you. Join a local chapter to participate in watch parties, local charity events, and community projects. To learn more, donate, or join the club please visit our website at www.seahawkers.org, or email us at join@seahawkers.org. Let us help connect you with a chapter near you!

TAIMA

This living symbol of the team is a male augur hawk, who's Native American name means "Thunder." Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at Lumen Field. He can also be found on the sidelines and in Ticketmaster Tailgate before home games.

EST 1976
50

SEAHAWKS LEGENDS

KEEPING THE LEGACY ALIVE

Launched in 2013, the NFL Legends program connects former players with each other, their former teams and the NFL. The Seahawks Legends program includes outreach to NFL alumni for team and league initiatives including social events like Legends Weekend & Legends Spring Event and community engagement opportunities and recognition like Legends Holiday Giveaway & Legend of the Year.

For more information, visit Seahawks.com or follow @SeahawksLegends on X and Instagram.

TICKETMASTER TAILGATE

Ticketmaster Tailgate is a high energy, family friendly and interactive pregame destination for all fans as they gear up for every Seahawks home game. Ticketmaster Tailgate is located inside the Lumen Field Event Center which is connected to the south end of Lumen Field with entry off Occidental Avenue.

Ticketmaster Tailgate features live music, with performances by Seahawks Dancers and Blue Thunder and appearances by Blitz, BOOM and Seahawks Legends. Families can find interactive games and contests, photo opportunities, exclusive Seahawks Pro Shop gear, and even value-priced food & beverage options while watching the early games on multiple large screens. Seattle Sports 710AM's pregame broadcast is broadcast live from Ticketmaster Tailgate, sharing reports and pregame analysis. Check out the Gaming Area that includes Madden NFL on Xbox and Blitz Football Arcade games or the Kids Zone with a new 40-yard dash and kids playfield. Admission is free and open to all Seahawks fans with a game ticket three hours before each home game.

SEAHAWKS PRO SHOP

Welcome to The Pro Shop. The official retailer of the Seattle Seahawks, where we champion the unique spirit of our city by intertwining sports and style into every thread.

Rooted in tradition and committed to self-expression, this is where culture meets confidence and authenticity unites community. Shop the largest selection of official Seahawks merchandise for everyone - including top brands, the newest collections, and items available exclusively at our two store locations.

Visit us in-store at Lumen Field or The Landing in Renton, or shop online now. More information at Seahawks.com/ProShop.

Follow us @SeahawksProShop on Instagram, Facebook, and X for updates on new items, promotions, and giveaways.

MUCKLESHOOT PLAZA

Located at the north end of Lumen Field, Muckleshoot Heritage Plaza has a variety of options for fans to experience prior to kickoff, including curated design elements that reflect Muckleshoot Indian Tribe's history and tradition.

This pregame destination has great food and beverage options with food trucks, beer, wine and non-alcoholic beverages. Local bands, DJs and traditional tribal entertainment will perform throughout the season on The Stage at Muckleshoot Heritage Plaza. This high-energy stage will showcase musicians, dancers and other talented artists from the Pacific Northwest.

SEAHAWKS BROADCASTING

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 28th season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest, including the first NFL-team broadcast of a game in High Definition (1999).

SEAHAWKS TELEVISION NETWORK

Kick off the 2025 season with the Seahawks preseason telecasts on the Seahawks Television Network.

PRESEASON

Thursday, August 7	Las Vegas Raiders
7:00 p.m. PT	KING 5
Friday, August 15	Kansas City Chiefs
7:00 p.m. PT	KING 5
Saturday, August 23	at Green Bay Packers
1:00 p.m. PT	KING 5

KATE SCOTT - PLAY-BY-PLAY

Kate Scott returns for her third season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Scott currently calls NBA basketball as the television play-by-play announcer for the Philadelphia 76ers and has called the Women's World Cup for Fox Sports. Before taking over as the voice of the Sixers, Scott provided play-by-play for a national college football package with analyst Mike Golic Sr. after calling football and various other sports for the Pac-12 Network. Scott is the only woman to have done play-by-play for the NFL, NHL, NBA, NCAA CFB, the Olympics, and a FIFA World Cup. Scott previously called NFL preseason games in 2016.

MICHAEL ROBINSON - ANALYST

Former Seahawks fullback and Super Bowl XLVIII Champion, Michael Robinson, returns to the Seahawks broadcast team for his fourth season. Robinson also currently serves as an analyst on NFL Network and NBC's broadcasts of the Big Ten Conference. Drafted by the 49ers in 2006, Robinson was converted to running back from quarterback. In 2010, Robinson joined the Seattle Seahawks. After nine seasons in the NFL,

Robinson retired following the 2013 season, which ended in a 43-8 win over the Denver Broncos in Super Bowl XLVIII. While in the NFL, Robinson created the Real Rob Report with over 15 million views on YouTube – a locker room show he created to give fans more insight and access to the players. Robinson has also been featured on various networks, including Fox, ESPN, NFL Network, CBS and the Big Ten Network.

MICHAEL BENNETT - ANALYST

Michael Bennett returns for his fourth season as an analyst on preseason telecasts. Named one of the Top 50 players in franchise history and Super Bowl XLVIII Champion, Bennett provides analysis throughout the Seahawks broadcast. Signed as an undrafted free agent during the 2009 season, the defensive end was a three-time Pro Bowler and tallied 69.5 sacks over an 11-year career.

CLIFF AVRIL - ANALYST

Former Seahawks defensive end and one of the Top 50 players in franchise history, Cliff Avril, returns for his second season on the Seahawks broadcast team. Avril will provide analysis throughout the Seahawks broadcast. A member of the Super Bowl XLVIII Championship team, he accumulated 74.0 sacks over a 10-year career and was named to the Pro Bowl following the 2016 season.

SEAHAWKS CENTRAL

"Seahawks Central" returns this season to KING-5 and KONG. The half-hour program premiers Thursdays at 9:30 p.m. on KONG and re-airs Fridays at 7:30 p.m. on KING 5. Hosted by Paul Silvi, "Seahawks Central" features a player "mic'd up" from the previous game, in-depth analysis from Dave Wyman and an exclusive one-on-one with Head Coach Mike Macdonald.

SEAHAWKS PRESS PASS

"Seahawks Press Pass" returns to KONG for the 2025 season, airing three nights a week, beginning with the start of the regular season. Get 30-minutes of Seahawks news from Mike Macdonald every Monday and Wednesday evening, and a bonus 30-minutes featuring Seahawks players every Thursday night. Get your Press Pass three times a week on KONG.

SEAHAWKS HUDDLE

"Seahawks Huddle," the club's weekly radio show, can be heard on Seattle Sports 710AM every Thursday from noon-2:00 p.m. Beginning during Week 1 of the regular season, the "Huddle" offers an inside look at the Seahawks, the NFL, and features Seahawks players, coaches and guests from around the League.

HAWKS LIVE

"Hawks Live," hosted by Michael Bumpus and Paul Moyer, offers a unique fan experience featuring a Seahawks player. "Hawks Live" can be heard on Seattle Sports 710AM every Thursday from 7-9 p.m.

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on Seattle Sports 710AM and KIRO Newsradio 97.3 FM, the flagship stations for the 2025 season. Wall-to-wall coverage begins each game day with the Pregame Show hosted by Michael Bumpus and joined by former Seahawks Paul Moyer, Ray Roberts, and Bryan Walters. Steve Raible and Dave Wyman follow with the call in the booth with Jen Mueller providing sideline reports, and the broadcast day concludes with a postgame show featuring exclusive interviews with Seahawks players from the locker room.

SEAHAWKS BROADCASTING, CONTINUED

Seahawks broadcast team of Dave Wyman (left) and Steve Raible (right)

STEVE RAIBLE – PLAY-BY-PLAY

Steve Raible returns for his 44th season in the radio booth, his 22nd as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Raible retired from KIRO-TV after nearly 40 years with the station and over 30 years as their lead anchor. During his time with KIRO, Raible won five local Emmy Awards including two for "Best Anchor". Steve was also a 2019 inductee of the State of Washington Sports Hall of Fame.

DAVE WYMAN – ANALYST

Dave Wyman returns for his eighth season as the Seahawks radio analyst. Drafted by the Seahawks in the second round of the 1987 draft, Wyman went on to play six seasons with the Seahawks totaling 364 tackles, 3.5 sacks and two interceptions. He finished his nine-year career playing his final three seasons with the Denver Broncos. Wyman has been a part of the Seahawks broadcast team since 2004, serving as an analyst for pregame and postgame shows on both radio and TV. He currently hosts the afternoon drive talk show "Wyman and Bob" on Seattle Sports 710AM.

JEN MUELLER – SIDELINE REPORTER

Jen Mueller returns for her 17th season as the sideline radio reporter. A 20-year sports broadcasting veteran, Mueller is a member of the Seattle Mariners television broadcast team and an Emmy Award-winning producer. In addition to her work on the field, she is a keynote speaker, the author of three books on how to leverage sports fandom as a business communication tool, and a former high school football official.

SEAHAWKS NETWORK AFFILIATES

TELEVISION NETWORK

PRESEASON TELECASTS

WASHINGTON

	Station	Network
Seattle	KING - 5	NBC
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 11	FOX
Yakima	KCYU - 41	FOX

IDAHO

Boise	KIVI - 6	ABC
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

Bend	KFXO - 39	FOX
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX

HAWAII

Honolulu	KHNL - 13	NBC

ALASKA

Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS PRESS PASS

Northwest Region ROOT Sports		Cable

SEAHAWKS CENTRAL

Seattle	KING - 5	NBC

RADIO NETWORK

WASHINGTON

	Station	Frequency
Aberdeen	KDUX	104.7 FM
Bellingham	KPUG	1170 AM
Bellingham	KPUG	97.9 FM
Centralia	KMNT	104.3 FM
Chelan	KOZI	93.5 FM
Chelan	KOZI	103.1 FM
Chelan	KOZI	100.9 FM
Colfax	KMAX	840 AM
Colville	KCRK	92.1 FM
Ellensburg	KXLE	1240 AM
Forks	KBDB	96.7 FM
Longview	KEDO	1400 AM
Moses Lake	KWIQ	100.5 FM
Mt. Vernon	KAPS	660 AM
Mt. Vernon	KAPS	102.1 FM
Olympia	KGY	95.3 FM
Omak	KNCW	92.7 FM
Port Angeles	KONP	101.3 FM
Port Angeles	KONP	101.7 FM
Seattle	ESPN	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Shelton	KMAS	103.3 FM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Walla Walla	K233CJ	94.5 FM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM
Yakima	KIT	101.3 FM

ALASKA

Cordova	KLAM	1450 AM
Juneau	KINY	800 AM
Juneau	KINY	103.5 FM
Kenai	KSRM	920 AM
Ketchikan	KTKN	930 AM
Ketchikan	KTKN	97.5 FM
Kodiak Island	KVOK	HD2-101.1 FM

ALASKA, CONTINUED

Kodiak Island	KVOK	98.7 FM
Sitka	KIFW	1230 AM

BRITISH COLUMBIA

Vancouver	CISL	650 AM

ALBERTA

Calgary	CFAC	960 AM

IDAHO

Boise	KBOI	670 AM
Lewiston	KCLK	1430 AM
Lewiston	KCLK	107.3 FM
St. Maries	KOFE	1240 AM

MONTANA

Kalispell	KSAM	102.7 FM
Kalispell	KSAM	1240 AM

OREGON

Albany	KEJO	1240 AM
Astoria	KKOR	106.3 FM
Baker City	KLBM	1450 AM
Bend	KRCO	95.7 FM
Bend	KQAK	HD3 105.7 FM
Prineville	KRCO	690 AM
Prineville	KRCO	92.5 FM
La Grande	KBKR	1490 AM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Medford	KAKT	HD4 96.1 FM
Newport	KCRF	96.7 FM
Portland	KFXX	1080 AM
Portland	KGON	92.3 FM
Reedsport	KDUN	1030 AM
The Dalles	KODL	1440 AM
The Dalles	KODL	99.1 FM
The Dalles	KODL	100.5 FM

HAWAII

Honolulu	KIKI	990 AM

LUMEN FIELD

In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the stadium was renamed CenturyLink Field on June 23, 2011, and later rebranded to Lumen Field on November 19, 2020.

The Lumen Field stadium complex includes Lumen Field, the 325,000 sq. ft. Lumen Field Event Center and WAMU Theater. The stadium complex hosts a wide variety and volume of events each year, making it one of the busiest venues in the region. In addition to the NFL's Seattle Seahawks the venue is also home to the MLS' Seattle Sounders FC and the National Women's Soccer League's Seattle Reign FC. The stadium also hosts events such as consumer and trade shows, corporate events, Monster Jam, Supercross, and full stadium concerts. Known for its ability to host prestigious international events, Lumen Field was named a host venue for the 2025 FIFA Club World Cup and 2026 FIFA World Cup.

KINGDOME

The Kingdome was originally located on 35.9 acres. Following construction of a new parking garage and event center the acreage converted to 23.9 acres.

The Kingdome had the largest concrete roof in the world - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 tons of structural steel.

It was 250 feet high and 660 feet across to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 million people entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a Billy Graham Crusade.

Original cost, including property, was $67 million; another $47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements was $57 million.

The roof and ceiling renovation was $70 million. The total debt on the Kingdome was $127 million with the debt retired in March 2015.

Annual payments of $6.3 million were received from a two-percent hotel/motel room tax and a one-percent rental car tax. This paid for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel. At one point, the Kingdome was home to four professional sports- baseball, football, basketball and soccer (Seattle Sounders).

The Kingdome was imploded on March 26, 2000.

TOP 10 MOMENTS*

November 7, 1976
First home win versus the Atlanta Falcons

November 16, 1981
First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983
First home playoff win versus the Denver Broncos

November 4, 1984
NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984
Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984
Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986
Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988
Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992
Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996
John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999*

LUMEN FIELD

LUMEN FIELD FACTS AND FIGURES

- The Lumen Field event complex, which includes Lumen Field, Lumen Field Event Center and WAMU Theater, has hosted upwards of 300 event days and more than 2 million attendees annually over the past several years.
- FGI employs over 800 staff for Seahawks game days and over 400 staff for Sounders FC matches on average each season.
- 68,000 fixed seats
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 63 restrooms – twice as many as the Kingdome
- 100% of urinals are retrofitted with low-flow fixtures, saving more 1.3 million gallons of water every year.
- 12 elevators — compared to three at the Kingdome
- 50 concession stands and 47 beer concessions – twice as many per person than the Kingdome
- 14 electric vehicle chargers – 12 in north lot and two in the garage
- Events hosted in the Lumen Field Event Center have generated more than $5 million for Common School Fund
- 97% of the concrete from the Kingdome was processed and recycled (35% built into Lumen Field)
- 2,000 car garage

RECENT UPGRADES

- In 2024, Lumen Field opened a new Club Level lounge – the T-Mobile Endzone and The 1976 Club. Formerly the Ring of Honor Lounge, the new T-Mobile Endzone is a modern 2,625 square-foot sports bar complete with an 11'x60' Mitsubishi 1.9mm High-Definition LED wall. The T-Mobile Endzone is open to all Delta Sky360° Club Level ticket holders on gameday. Within the new T-Mobile Endzone, the team added a new premium area called The 1976 Club. Sold as full-season memberships, The 1976 Club offers access to four- or six-person open-air semi-private loge boxes featuring heated, plush stadium seating, all-inclusive food and beverage, and outstanding field views. A total of 14 new loge boxes were constructed as part of The 1976 Club for a total of 68 new seats.
- A new stadium-wide audio system was installed featuring 48 subwoofers.
- Six new Mitsubishi LED installations replaced the existing four video boards in the south end of the stadium, while two new LED fascia boards were installed in the north end below the Hawks Nest and above the Red Zone Suites.
- Part of the stadium's "Fanovation," Lumen Field has the most Amazon Just Walk Out locations of any sports venue in the world, with 13 concession & two retail locations.
- In 2023, the stadium opened the EQC Tunnel Club at Lumen Field. This members-only club is open three hours prior to kickoff and during halftime, and includes all-inclusive food and beverage. Located directly outside the locker room, the space offers fans a premium space to interact with the players as they come and go from the playing field.
- The stadium bowl lights were also updated in 2023 to LED, leading to an approximately 48% decrease in electricity usage for stadium events.
- In 2022, Lumen Field celebrated 20 years and launched a "Fanovation" campaign to upgrade and modernize various areas of the stadium. These improvements included:
  - New Cityside Bars under the Hawks Nest featuring premium views of the playing field.
  - New North video boards that more than doubled the size of the previous boards.
  - Four concession locations with Amazon Just Walk Out and Amazon One check-out free technology. Lumen Field was the first NFL stadium to deploy this innovation, getting fans back to the game faster.
- In 2020, in an effort to boost guest experience through faster lines and more efficient sales processes, Lumen Field transitioned to cashless operations for sales transactions at the stadium, the Lumen Field Event Center and WAMU Theater.
- In 2017, the Seahawks enhanced the food & beverage experience by adding even more local cuisines at the Stadium Street Market, Night Market, and the Elysian Zone.
- In 2016, the Seahawks renovated the working press box and added four new Press Box suites.
- In 2015, the Seahawks constructed the Toyota Fan Deck, which added 1,000 padded seats in two new seating sections in the south end upper level.
- In 2014, the Super Bowl XLVIII Roman Numerals were installed in the Northwest Plaza.

LUMEN FIELD SUSTAINABILITY

Lumen Field continues to be a leader in environmentally friendly and sustainable sports and entertainment facilities around the world. In 2024, the stadium became the second NFL venue to achieve TRUE pre-certification for its zero-waste efforts, with full certification expected in 2025.

In January 2018, Lumen Field received a "Waste Wise" award from the Environmental Protection Agency for its waste prevention and reduction activities and an international "Sustainability and Community" award at the Stadium Business Summit in London. In 2019, Lumen Field received the "Community Impact Gold Award for Sustainability" from Seattle Business Magazine and "Environment Protection Agency Very Large Business Partner of the Year Award" in April 2020. In 2024, Lumen Field was awarded the Green Sports Alliance Energy Player of the Year award.

Sustainability accomplishments:

- An average of 90% of the waste created at Lumen Field is diverted from the landfill through recycling, composting and donations. In 2024, Lumen field diverted 93% of its waste. Waste tracking began in 2006 when the facility recorded a diversion rate of 4.66%.
- In 2022, in an effort to increase waste diversion, Lumen Field invested in a customized sorting system called the MRFi. This technology speeds up the process of sorting, which is the key to a successful diversion program..
- In 2021, Lumen Field and the Seahawks were a founding partner of PLAY, a recognition and sustainability performance toolkit powered by ARC, in collaboration with the Green Sports Alliance.

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., to manage the stadium and event center on a daily basis.

FIRST & GOAL HOSPITALITY & LEVY

The Seattle Seahawks and First & Goal Inc. created First & Goal Hospitality (FGH) in 2017 as a local Seattle company focused exclusively on delivering the best food experience to fans and guests at Lumen Field. In 2020, the Seahawks announced that FGH had partnered with Levy, the market leader in defining hospitality at major sports and entertainment venues and events, to manage operations at all facilities at Lumen Field. Under the partnership, FGH continues to be the banner for hospitality during events at Lumen Field, Lumen Field Event Center, and WAMU Theater, while Levy manages day-to-day operations with its industry-leading operational resources and expertise.

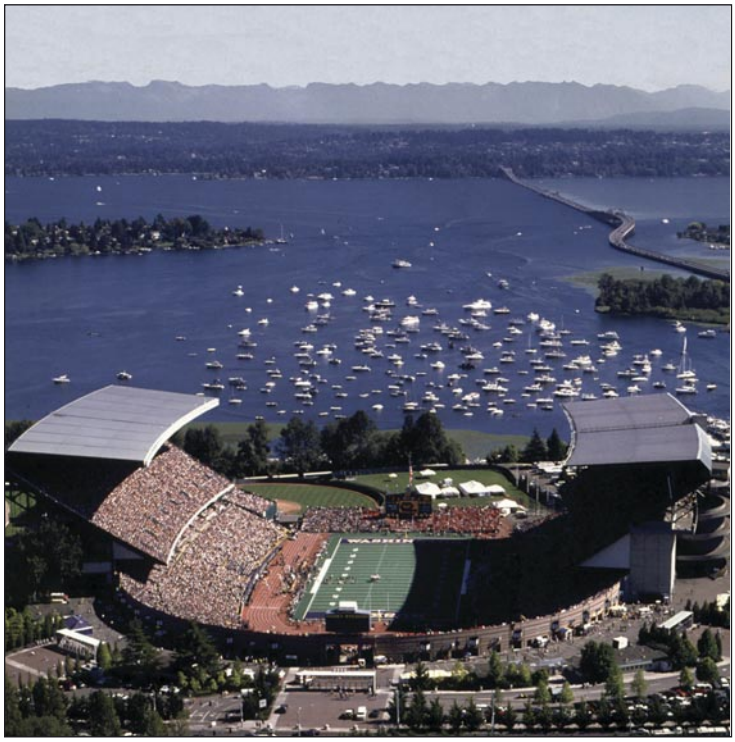
LUMEN FIELD FUNDING

The $430 million facility was funded by a private-public partnership. Private contributions totaled at least $130 million, while the public contributed up to $300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- $130 million private investment led by Paul G. Allen
- $127 million from new, sports related lottery games, similar to the Mariners' baseball-themed scratch games
- $101 million in sales taxes collected in King County attributable to events in the stadium/event center
- $56 million from facility admission and parking taxes
- $15 million from extending King County's share of the existing hotel-motel tax
- Paul G. Allen agreed to pay for any construction cost overruns
- $1 million per year of in-kind advertising for the new lottery games will be provided by Paul G. Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a $10 million contribution from Paul G. Allen
- $14 million of the public contribution will come from interest earned on the $50 million private contribution from Paul G. Allen
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

HUSKY STADIUM



The Seattle Seahawks played their entire 2000 and 2001 home schedule at Husky Stadium. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1920 at a cost of $600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost $1.7 million. The suspended press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000. Seating capacity increased one more time in 1987, in a $13 million project.

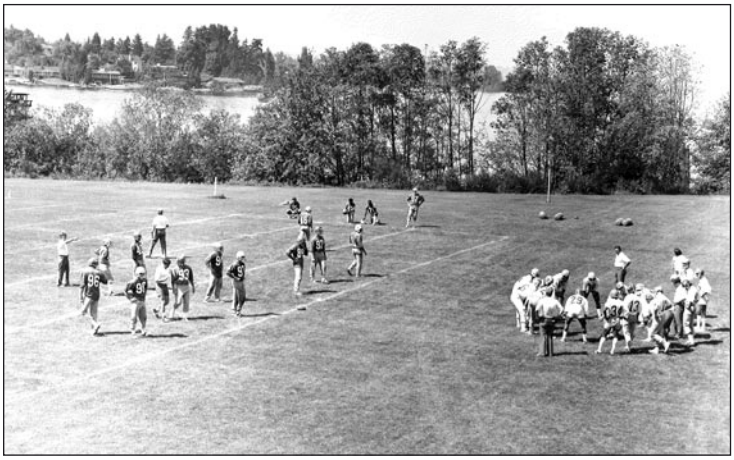
HOUGHTON FACILITY

From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest University in Kirkland.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs housed the administrative offices, coaches offices, and conference rooms. The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

CARILLON POINT FACILITY



Beginning with the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-86.

The headquarters was originally one of the Lake Washington Shipyard offices and remodeled in 1975. At that time, over 100,000 yards of dirt was brought in to build the practice fields along the shores of Lake Washington.

VIRGINIA MASON ATHLETIC CENTER

The Seahawks moved into the 200,000 square foot waterfront facility in August 2008. The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

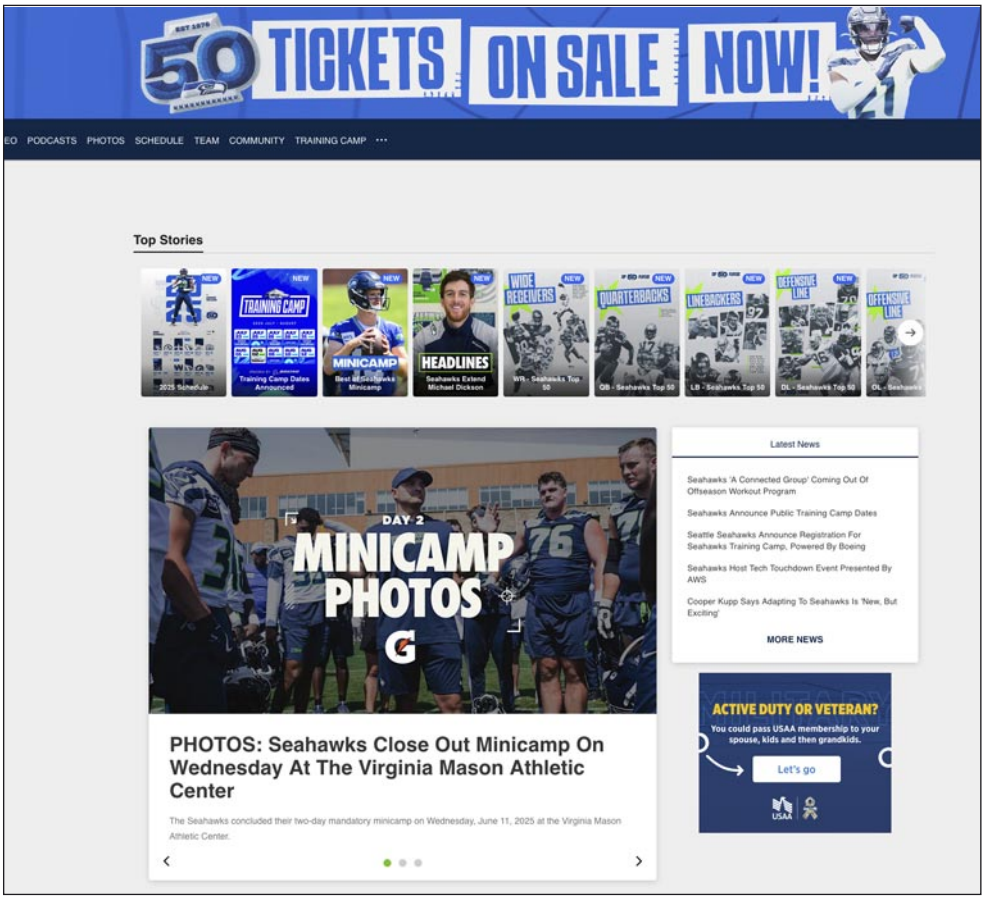
The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training facility space, 15,000 square feet of player meeting space and 48,000 square feet of administrative office space. Virginia Mason Athletic Center allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site.

Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our community
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land area to the south. Its southern boundary is located approximately 1/4 of mile north of 44th Street.
Site Size	Approximately 19.0 acres of buildable land area.
Project Size	Approximately 200,000 gross square feet of enclosed space including the indoor practice field.
Building Size	Approximately 124,000 gross square feet of administration and training facilities.

Outdoor Fields Area	Three regulation size grass fields
Indoor Practice Area	One regulation size artificial field with clear height of 95' allowing for kicking and punting.
First Floor	Team area and auditorium, including locker room, lounge, training room, weight room, team meeting rooms and media production studios.
Second Floor	Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, cafeteria and weight room mezzanine.
Third Floor	Seahawks administrative offices.
Training Camp	The new facility will host Seahawks training camp.
VMAC Programming	The VMAC will serve as a location for health and community programming.
On Site Parking	Approximately 275 cars
Construction Schedule	18 months
Ground Breaking	January 2007
Completion Date	Summer 2008
Architects	Crawford Architects
Funding	Private
Property Owner	Port Quendall Company

SEAHAWKS.COM


TICKETS ON SALE NOW!
PODCASTS PHOTOS SCHEDULE TEAM COMMUNITY TRAINING CAMP
Top Stories
DAY 2
MINICAMP PHOTOS
PHOTOS: Seahawks Close Out Minicamp On Wednesday At The Virginia Mason Athletic Center
The Seahawks concluded their two-day mandatory minicamp on Wednesday, June 11, 2025 at the Virginia Mason Athletic Center.
Latest News
Seahawks 'A Connected Group' Coming Out Of Offseason Workout Program
Seahawks Announce Public Training Camp Dates
Seattle Seahawks Announce Registration For Seahawks Training Camp, Powered By Boeing
Seahawks Host Tech Touchdown Event Presented By AWS
Cooper Kupp Says Adapting To Seahawks Is 'New, But Exciting'
MORE NEWS
ACTIVE DUTY OR VETERAN?
You could pass USAA membership to your spouse, kids and then grandkids.
Let's go

John Boyle

Ari Horton

12s all over the world can stay up to date with Seahawks news and team content at Seahawks.com and via the Seahawks Mobile App, the official website and app of the Seattle Seahawks. Fans can find weekly press conferences, injury updates, roster moves and other team coverage, plus photos and videos of your favorite players on and off the field. Photo and video content of the Seahawks Dancers can be found at Seahawks.com/Dancers.

Fans are also encouraged to follow the Seahawks on social media for additional coverage, including behind-the-scenes photos and videos, giveaways, and more.

SOCIAL MEDIA

ON FACEBOOK

facebook.com/Seahawks
facebook.com/SeahawksProShop
facebook.com/SeahawksDancers
facebook.com/LumenField
facebook.com/SeahawksLegends
facebook.com/BlitzTheSeahawk
facebook.com/BlueThunder
facebook.com/SeahawksCanada

ON TWITTER/X

@Seahawks
@SeahawksPR
@SeahawksLegends
@SeahawksProShop
@12s
@SeahawksCanada
@LumenField
@SeahawksDancers
@BTDrumline
@BlitzTheSeahawk
@TaimatheHawk

ON INSTAGRAM

@seahawks
@seahawkslegends
@seahawksproshop
@seahawksdancers
@seahawkscommunity
@seahawkscanada
@seahawksdeutsch
@seahawksaunz
@12s
@lumenfield
@blitztheseahawk

ON TIKTOK

@seahawks
@blitztheseahawk
@seahawksdeutschland
@seahawksaunz

ON SNAPCHAT

"Seahawks"

ON LINKEDIN

linkedin.com/company/seattle-seahawks

2025 NFL SCHEDULE

2025 PRESEASON SCHEDULE

(ALL TIMES EASTERN)

NFL/HALL OF FAME GAME – CANTON, OHIO
THURSDAY, JULY 31

L.A. Chargers vs. Detroit	8:00p

WEEK 1

THURSDAY, AUGUST 7

Indianapolis at Baltimore	7:00p
Cincinnati at Philadelphia	7:30p
Las Vegas at Seattle	10:00a

FRIDAY, AUGUST 8

Detroit at Atlanta	7:00p
Cleveland at Carolina	7:00p
Washington at New England	7:30p

SATURDAY, AUGUST 9

N.Y. Giants at Buffalo	1:00p
Houston at Minnesota	4:00p
Pittsburgh at Jacksonville	7:00p
Dallas at L.A. Rams	7:00p
Tennessee at Tampa Bay	7:30p
Kansas City at Arizona	8:00p
N.Y. Jets at Green Bay	8:00p
Denver at San Francisco	8:30p

SUNDAY, AUGUST 10

Miami at Chicago	1:00p
New Orleans at L.A. Chargers	4:05p

WEEK 2

FRIDAY, AUGUST 15

Tennessee at Atlanta	7:00p
Kansas City at Seattle	10:00a

SATURDAY, AUGUST 16

Miami at Detroit	1:00p
Carolina at Houston	1:00p
Green Bay at Indianapolis	1:00p
New England at Minnesota	1:00p
Cleveland at Philadelphia	1:00p
San Francisco at Las Vegas	4:00p
Baltimore at Dallas	7:00p
L.A. Chargers at L.A. Rams	7:00p
N.Y. Jets at N.Y. Giants	7:00p
Tampa Bay at Pittsburgh	7:00p
Arizona at Denver	9:30p

SUNDAY, AUGUST 17

Jacksonville at New Orleans	1:00p
Buffalo at Chicago (FOX)	8:00p

MONDAY, AUGUST 18

Cincinnati at Washington (ESPN)	8:00p

WEEK 3

THURSDAY, AUGUST 21

Carolina at Pittsburgh	7:00p
New England at N.Y. Giants (Prime Video)	8:00p

FRIDAY, AUGUST 22

Philadelphia at N.Y. Jets	7:30p
Atlanta at Dallas	8:00p
Minnesota at Tennessee (CBS)	8:00p
Chicago at Kansas City	8:20p

SATURDAY, AUGUST 23

Baltimore at Washington	noon
Indianapolis at Cincinnati	1:00p
L.A. Rams at Cleveland	1:00p
Houston at Detroit	1:00p
Denver at New Orleans	1:00p
Seattle at Green Bay	4:00p
Jacksonville at Miami	7:00p
Buffalo at Tampa Bay	7:30p
L.A. Chargers at San Francisco	8:30p
Las Vegas at Arizona	10:00a

2025 REGULAR SEASON SCHEDULE

Games grouped by start times and listed alphabetically by home team

WEEK 1

THURSDAY, SEPTEMBER 04, 2025

Dallas at Philadelphia	8:20p (ET)

FRIDAY, SEPTEMBER 05, 2025

Kansas City vs L.A. Chargers (Sao Paulo)	9:00p (BRT)

SUNDAY, SEPTEMBER 07, 2025

Tampa Bay at Atlanta	1:00p (ET)
Cincinnati at Cleveland	1:00p (ET)
Miami at Indianapolis	1:00p (ET)
Carolina at Jacksonville	1:00p (ET)
Las Vegas at New England	1:00p (ET)
Arizona at New Orleans	12:00p (CT)
Pittsburgh at N.Y. Jets	1:00p (ET)
N.Y. Giants at Washington	1:00p (ET)
Tennessee at Denver	2:05p (MT)
San Francisco at Seattle	1:05p (PT)
Detroit at Green Bay	3:25p (CT)
Houston at L.A. Rams	1:25p (PT)
Baltimore at Buffalo	8:20p (ET)

MONDAY, SEPTEMBER 08, 2025

Minnesota at Chicago	7:15p (CT)

WEEK 2

THURSDAY, SEPTEMBER 11, 2025

Washington at Green Bay	7:15p (CT)

SUNDAY, SEPTEMBER 14, 2025

Cleveland at Baltimore	1:00p (ET)
Jacksonville at Cincinnati	1:00p (ET)
N.Y. Giants at Dallas	12:00p (CT)
Chicago at Detroit	1:00p (ET)
New England at Miami	1:00p (ET)
San Francisco at New Orleans	12:00p (CT)
Buffalo at N.Y. Jets	1:00p (ET)
Seattle at Pittsburgh	1:00p (ET)
L.A. Rams at Tennessee	12:00p (CT)
Carolina at Arizona	1:05p (MT)
Denver at Indianapolis	4:05p (ET)
Philadelphia at Kansas City	3:25p (CT)
Atlanta at Minnesota	7:20p (CT)

MONDAY, SEPTEMBER 15, 2025

Tampa Bay at Houston	6:00p (CT)
L.A. Chargers at Las Vegas	7:00p (PT)

WEEK 3

THURSDAY, SEPTEMBER 18, 2025

Miami at Buffalo	8:15p (ET)

SUNDAY, SEPTEMBER 21, 2025

Atlanta at Carolina	1:00p (ET)
Green Bay at Cleveland	1:00p (ET)
Houston at Jacksonville	1:00p (ET)
Cincinnati at Minnesota	12:00p (CT)
Pittsburgh at New England	1:00p (ET)
L.A. Rams at Philadelphia	1:00p (ET)
N.Y. Jets at Tampa Bay	1:00p (ET)
Indianapolis at Tennessee	12:00p (CT)
Las Vegas at Washington	1:00p (ET)
Denver at L.A. Chargers	1:05p (PT)
New Orleans at Seattle	1:05p (PT)
Dallas at Chicago	3:25p (CT)
Arizona at San Francisco	1:25p (PT)
Kansas City at N.Y. Giants	8:20p (ET)

MONDAY, SEPTEMBER 22, 2025

Detroit at Baltimore	8:15p (ET)

WEEK 4

THURSDAY, SEPTEMBER 25, 2025

Seattle at Arizona	5:15p (MT)

SUNDAY, SEPTEMBER 28, 2025

Minnesota vs Pittsburgh (Dublin)	2:30p (IST)
Washington at Atlanta	1:00p (ET)
New Orleans at Buffalo	1:00p (ET)
Cleveland at Detroit	1:00p (ET)
Tennessee at Houston	12:00p (CT)
Carolina at New England	1:00p (ET)
L.A. Chargers at N.Y. Giants	1:00p (ET)
Philadelphia at Tampa Bay	1:00p (ET)
Indianapolis at L.A. Rams	1:05p (PT)
Jacksonville at San Francisco	1:05p (PT)
Baltimore at Kansas City	3:25p (CT)

2025 NFL SCHEDULE

Chicago at Las Vegas	1:25p (PT)
Green Bay at Dallas	7:20p (CT)

MONDAY, SEPTEMBER 29, 2025

N.Y. Jets at Miami	7:15p (ET)
Cincinnati at Denver	6:15p (MT)

WEEK 5

THURSDAY, OCTOBER 02, 2025

San Francisco at L.A. Rams	5:15p (PT)

SUNDAY, OCTOBER 05, 2025

Minnesota vs Cleveland (Tottenham)	2:30p (BST)
Houston at Baltimore	1:00p (ET)
Miami at Carolina	1:00p (ET)
Las Vegas at Indianapolis	1:00p (ET)
N.Y. Giants at New Orleans	12:00p (CT)
Dallas at N.Y. Jets	1:00p (ET)
Denver at Philadelphia	1:00p (ET)
Tennessee at Arizona	1:05p (MT)
Tampa Bay at Seattle	1:05p (PT)
Detroit at Cincinnati	4:25p (ET)
Washington at L.A. Chargers	1:25p (PT)
New England at Buffalo	8:20p (ET)

MONDAY, OCTOBER 06, 2025

Kansas City at Jacksonville	8:15p (ET)

BYES: Atlanta, Chicago, Green Bay, Pittsburgh

WEEK 6

THURSDAY, OCTOBER 09, 2025

Philadelphia at N.Y. Giants	8:15p (ET)

SUNDAY, OCTOBER 12, 2025

Denver vs N.Y. Jets (Tottenham)	2:30p (BST)
L.A. Rams at Baltimore	1:00p (ET)
Dallas at Carolina	1:00p (ET)
Arizona at Indianapolis	1:00p (ET)
Seattle at Jacksonville	1:00p (ET)
L.A. Chargers at Miami	1:00p (ET)
Cleveland at Pittsburgh	1:00p (ET)
San Francisco at Tampa Bay	1:00p (ET)
Tennessee at Las Vegas	1:05p (PT)
Cincinnati at Green Bay	3:25p (CT)
New England at New Orleans	3:25p (CT)
Detroit at Kansas City	7:20p (CT)

MONDAY, OCTOBER 13, 2025

Buffalo at Atlanta	7:15p (ET)
Chicago at Washington	8:15p (ET)

BYES: Houston, Minnesota

WEEK 7

THURSDAY, OCTOBER 16, 2025

Pittsburgh at Cincinnati	8:15p (ET)

SUNDAY, OCTOBER 19, 2025

L.A. Rams at Jacksonville (Wembley)	2:30p (BST)
New Orleans at Chicago	12:00p (CT)
Miami at Cleveland	1:00p (ET)
Las Vegas at Kansas City	12:00p (CT)
Philadelphia at Minnesota	12:00p (CT)
Carolina at N.Y. Jets	1:00p (ET)
New England at Tennessee	12:00p (CT)
N.Y. Giants at Denver	2:05p (MT)
Indianapolis at L.A. Chargers	1:05p (PT)
Green Bay at Arizona	1:25p (MT)
Washington at Dallas	3:25p (CT)
Atlanta at San Francisco	5:20p (PT)

MONDAY, OCTOBER 20, 2025

Tampa Bay at Detroit	7:00p (ET)
Houston at Seattle	7:00p (PT)

BYES: Baltimore, Buffalo

WEEK 8

THURSDAY, OCTOBER 23, 2025

Minnesota at L.A. Chargers	5:15p (PT)

SUNDAY, OCTOBER 26, 2025

Miami at Atlanta	1:00p (ET)
Chicago at Baltimore	1:00p (ET)
Buffalo at Carolina	1:00p (ET)
N.Y. Jets at Cincinnati	1:00p (ET)
San Francisco at Houston	12:00p (CT)
Cleveland at New England	1:00p (ET)
N.Y. Giants at Philadelphia	1:00p (ET)
Tampa Bay at New Orleans	3:05p (CT)
Dallas at Denver	2:25p (MT)
Tennessee at Indianapolis	4:25p (ET)
Green Bay at Pittsburgh	8:20p (ET)

MONDAY, OCTOBER 27, 2025

Washington at Kansas City	7:15p (CT)

BYES: Arizona, Detroit, Jacksonville, L.A. Rams, Las Vegas, Seattle

WEEK 9

THURSDAY, OCTOBER 30, 2025

Baltimore at Miami	8:15p (ET)

SUNDAY, NOVEMBER 02, 2025

Chicago at Cincinnati	1:00p (ET)
Minnesota at Detroit	1:00p (ET)
Carolina at Green Bay	12:00p (CT)
Denver at Houston	12:00p (CT)
Atlanta at New England	1:00p (ET)
San Francisco at N.Y. Giants	1:00p (ET)
Indianapolis at Pittsburgh	1:00p (ET)
L.A. Chargers at Tennessee	12:00p (CT)
New Orleans at L.A. Rams	1:05p (PT)
Jacksonville at Las Vegas	1:05p (PT)
Kansas City at Buffalo	4:25p (ET)
Seattle at Washington	8:20p (ET)

MONDAY, NOVEMBER 03, 2025

Arizona at Dallas	7:15p (CT)

BYES: Cleveland, N.Y. Jets, Philadelphia, Tampa Bay

WEEK 10

THURSDAY, NOVEMBER 06, 2025

Las Vegas at Denver	6:15p (MT)

SUNDAY, NOVEMBER 09, 2025

Atlanta vs Indianapolis (Berlin)	3:30p (CET)
New Orleans at Carolina	1:00p (ET)
N.Y. Giants at Chicago	12:00p (CT)
Jacksonville at Houston	12:00p (CT)
Buffalo at Miami	1:00p (ET)
Baltimore at Minnesota	12:00p (CT)
Cleveland at N.Y. Jets	1:00p (ET)
New England at Tampa Bay	1:00p (ET)
Arizona at Seattle	1:05p (PT)
L.A. Rams at San Francisco	1:25p (PT)
Detroit at Washington	4:25p (ET)
Pittsburgh at L.A. Chargers	5:20p (PT)

MONDAY, NOVEMBER 10, 2025

Philadelphia at Green Bay	7:15p (CT)

BYES: Cincinnati, Dallas, Kansas City, Tennessee

WEEK 11

THURSDAY, NOVEMBER 13, 2025

N.Y. Jets at New England	8:15p (ET)

SUNDAY, NOVEMBER 16, 2025

Washington vs Miami (Madrid)	3:30p (CET)
Carolina at Atlanta	1:00p (ET)
Tampa Bay at Buffalo	1:00p (ET)
L.A. Chargers at Jacksonville	1:00p (ET)
Chicago at Minnesota	12:00p (CT)
Green Bay at N.Y. Giants	1:00p (ET)
Cincinnati at Pittsburgh	1:00p (ET)
Houston at Tennessee	12:00p (CT)
San Francisco at Arizona	2:05p (MT)
Seattle at L.A. Rams	1:05p (PT)
Baltimore at Cleveland	4:25p (ET)
Kansas City at Denver	2:25p (MT)
Detroit at Philadelphia	8:20p (ET)

MONDAY, NOVEMBER 17, 2025

Dallas at Las Vegas	5:15p (PT)

BYES: Indianapolis, New Orleans

2025 NFL SCHEDULE

WEEK 12

THURSDAY, NOVEMBER 20, 2025

Buffalo at Houston	7:15p (CT)

SUNDAY, NOVEMBER 23, 2025

N.Y. Jets at Baltimore	1:00p (ET)
Pittsburgh at Chicago	12:00p (CT)
New England at Cincinnati	1:00p (ET)
N.Y. Giants at Detroit	1:00p (ET)
Minnesota at Green Bay	12:00p (CT)
Indianapolis at Kansas City	12:00p (CT)
Seattle at Tennessee	12:00p (CT)
Jacksonville at Arizona	2:05p (MT)
Cleveland at Las Vegas	1:05p (PT)
Philadelphia at Dallas	3:25p (CT)
Atlanta at New Orleans	3:25p (CT)
Tampa Bay at L.A. Rams	5:20p (PT)

MONDAY, NOVEMBER 24, 2025

Carolina at San Francisco	5:15p (PT)

BYES: Denver, L.A. Chargers, Miami, Washington

WEEK 13

THURSDAY, NOVEMBER 27, 2025 THANKSGIVING

Green Bay at Detroit	1:00p (ET)
Kansas City at Dallas	3:30p (CT)
Cincinnati at Baltimore	8:20p (ET)

FRIDAY, NOVEMBER 28, 2025

Chicago at Philadelphia	3:00p (ET)

SUNDAY, NOVEMBER 30, 2025

L.A. Rams at Carolina	1:00p (ET)
San Francisco at Cleveland	1:00p (ET)
Houston at Indianapolis	1:00p (ET)
New Orleans at Miami	1:00p (ET)
Atlanta at N.Y. Jets	1:00p (ET)
Arizona at Tampa Bay	1:00p (ET)
Jacksonville at Tennessee	12:00p (CT)
Minnesota at Seattle	1:05p (PT)
Las Vegas at L.A. Chargers	1:25p (PT)
Buffalo at Pittsburgh	4:25p (ET)
Denver at Washington	8:20p (ET)

MONDAY, DECEMBER 01, 2025

N.Y. Giants at New England	8:15p (ET)

WEEK 14

THURSDAY, DECEMBER 04, 2025

Dallas at Detroit	8:15p (ET)

SUNDAY, DECEMBER 07, 2025

Seattle at Atlanta	1:00p (ET)
Pittsburgh at Baltimore	1:00p (ET)
Tennessee at Cleveland	1:00p (ET)
Chicago at Green Bay	12:00p (CT)
Indianapolis at Jacksonville	1:00p (ET)
Washington at Minnesota	12:00p (CT)
Miami at N.Y. Jets	1:00p (ET)
New Orleans at Tampa Bay	1:00p (ET)
Denver at Las Vegas	1:05p (PT)
L.A. Rams at Arizona	2:25p (MT)
Cincinnati at Buffalo	4:25p (ET)
Houston at Kansas City	7:20p (CT)

MONDAY, DECEMBER 08, 2025

Philadelphia at L.A. Chargers	5:15p (PT)

BYES: Carolina, New England, N.Y. Giants, San Francisco

WEEK 15

THURSDAY, DECEMBER 11, 2025

Atlanta at Tampa Bay	8:15p (ET)

SUNDAY, DECEMBER 14, 2025

Cleveland at Chicago	12:00p (CT)
Baltimore at Cincinnati	1:00p (ET)
Arizona at Houston	12:00p (CT)
N.Y. Jets at Jacksonville	1:00p (ET)
L.A. Chargers at Kansas City	12:00p (CT)
Buffalo at New England	1:00p (ET)
Washington at N.Y. Giants	1:00p (ET)
Las Vegas at Philadelphia	1:00p (ET)
Green Bay at Denver	2:25p (MT)
Detroit at L.A. Rams	1:25p (PT)
Carolina at New Orleans	3:25p (CT)
Indianapolis at Seattle	1:25p (PT)
Tennessee at San Francisco	1:25p (PT)
Minnesota at Dallas	7:20p (CT)

MONDAY, DECEMBER 15, 2025

Miami at Pittsburgh	8:15p (ET)

WEEK 16

THURSDAY, DECEMBER 18, 2025

L.A. Rams at Seattle	5:15p (PT)

SATURDAY, DECEMBER 20, 2025

Green Bay at Chicago (Sat)	TBD
Philadelphia at Washington (Sat)	TBD

SUNDAY, DECEMBER 21, 2025

New England at Baltimore	1:00p (ET)
Tampa Bay at Carolina	1:00p (ET)
Buffalo at Cleveland	1:00p (ET)
L.A. Chargers at Dallas	12:00p (CT)
N.Y. Jets at New Orleans	12:00p (CT)
Minnesota at N.Y. Giants	1:00p (ET)
Kansas City at Tennessee	12:00p (CT)
Atlanta at Arizona	2:05p (MT)
Jacksonville at Denver	2:05p (MT)
Pittsburgh at Detroit	4:25p (ET)
Las Vegas at Houston	3:25p (CT)
Cincinnati at Miami	8:20p (ET)

MONDAY, DECEMBER 22, 2025

San Francisco at Indianapolis	8:15p (ET)

WEEK 17

THURSDAY, DECEMBER 25, 2025

Dallas at Washington	1:00p (ET)
Detroit at Minnesota	3:30p (CT)
Denver at Kansas City	7:15p (CT)

SATURDAY, DECEMBER 27, 2025

TBD	4:30p (ET)
TBD	8:00p (ET)
Seattle at Carolina	TBD
Arizona at Cincinnati	TBD
Baltimore at Green Bay	TBD
Houston at L.A. Chargers	TBD
N.Y. Giants at Las Vegas	TBD

SUNDAY, DECEMBER 28, 2025

Pittsburgh at Cleveland	1:00p (ET)
Jacksonville at Indianapolis	1:00p (ET)
Tampa Bay at Miami	1:00p (ET)
New England at N.Y. Jets	1:00p (ET)
New Orleans at Tennessee	12:00p (CT)
Philadelphia at Buffalo	4:25p (ET)
Chicago at San Francisco	5:20p (PT)

MONDAY, DECEMBER 29, 2025

L.A. Rams at Atlanta	8:15p (ET)

WEEK 18

SATURDAY, JANUARY 3, 2026 OR SUNDAY, JANUARY 4, 2026

New Orleans at Atlanta	TBD
N.Y. Jets at Buffalo	TBD
Detroit at Chicago	TBD
Cleveland at Cincinnati	TBD
L.A. Chargers at Denver	TBD
Indianapolis at Houston	TBD
Tennessee at Jacksonville	TBD
Arizona at L.A. Rams	TBD
Kansas City at Las Vegas	TBD
Green Bay at Minnesota	TBD
Miami at New England	TBD
Dallas at N.Y. Giants	TBD
Washington at Philadelphia	TBD
Baltimore at Pittsburgh	TBD
Seattle at San Francisco	TBD
Carolina at Tampa Bay	TBD

SEAHAWKS STAFF

ADMINISTRATION

President, Seahawks & FGI . . . . . Chuck Arnold
President of Football Operations/General Manager . . . . . John Schneider
Head Coach . . . . . Mike Macdonald
Assistant General Manager . . . . . Nolan Teasley
Chief Strategy Officer . . . . . Jeff Dunn
Chief Legal Officer . . . . . Ed Goines
Chief Human Resources Officer . . . . . Cindy Kelley
Chief Communications Officer . . . . . Dave Pearson
Chief Financial Officer . . . . . Karen Spencer
Chief Revenue Officer . . . . . Amy Sprangers
Chief Operating Officer . . . . . David Young
Vice President/Community Engagement & Legends . . . . . Mario Bailey
Vice President/Player Acquisition . . . . . Matt Berry
Vice President/Human Resources . . . . . Sarita Carter
Vice President/Suites & Premium . . . . . Eric Engberg
Vice President/Brand & Marketing . . . . . Tyson Flandreau
Vice President/Outreach & External Affairs . . . . . Mike Flood
Vice President/Finance . . . . . Peter Fonfara
Vice President/Operations & GM of Lumen Field . . . . . Zach Hensley
Vice President/Business Strategy & Analytics . . . . . Paimon Jaberi
Vice President/General Counsel . . . . . Marissa John
Vice President/Player Affairs . . . . . Maurice Kelly
Vice President/Player Personnel . . . . . Trent Kirchner
Vice President/Football Administration . . . . . Joey Laine
Vice President/Ticket Sales & Service . . . . . Chris Lawrence
Vice President/Digital & Emerging Media . . . . . Kenton Olson
Vice President/Player Performance . . . . . Sam Ramsden
Vice President/Football Finance . . . . . William Saguilla
Vice President/Technology . . . . . Chip Suttles
Vice President/Diversity, Equity & Inclusion . . . . . Karen Wilkins-Mickey
Vice President/Corporate Partnerships . . . . . Lisa Young
Director of Human Resources . . . . . Eric Heuston
Human Resources Senior Manager . . . . . Claire Penhale
Human Resources Manager . . . . . Marie Hayman
VMAC Security Manager . . . . . Isaiah Carter
Security Officer . . . . . Zach Argue, Trevor Lewis, Jon Oman, Jared Garrard
Parking Coordinator . . . . . Jeff Francis
Executive Assistant . . . . . Alicia Nickell
Hospitality & Events Manager . . . . . Terrell Singleton
Corporate Hospitality Manager . . . . . Heidi Grio
Hospitality & Events Coordinator . . . . . Faith Jordan
Executive Assistant/President . . . . . Chelsy West
Legal Coordinator & Executive Assistant . . . . . Amanda Privatt
Managing Director Government Affairs & Compliance . . . . . Drew Johnston
Counsel . . . . . Alice Men
DEI Manager . . . . . Melanie Hoshino
Office Assistant . . . . . Brian Searing
Receptionist . . . . . Bailey Draeger
Administrative Assistant . . . . . Brooklynn Garcia

FINANCE

Controller . . . . . Ping Chen
Senior Accounting Manager of Financial Reporting . . . . . Deepthi Krishnan
Senior Accounting Manager of Revenue & Analytics . . . . . Faruk Punjani
Payroll Manager . . . . . Ben Draeger
Senior Accountant . . . . . Michelle Wright
Executive Assistant, Finance . . . . . Tina Godfrey
Purchasing Coordinator/Accounts Payable . . . . . Heather Stamp
Staff Accountant . . . . . John Martin
Payroll Accountant/FGI . . . . . Daphne Spakowsky
Managing Director of Finance/FGI . . . . . Behren Aydt
Accounting Manager/FGI . . . . . Tory Bray
Accounting Manager, FP&A and Financial Systems/FGI . . . . Michael Sattler
Accounts Payable Coordinator/FGI . . . . . Charlie Morris
Staff Accountant/FGI . . . . . Daeshawn Wilson

BUSINESS STRATEGY & ANALYTICS

Director of Revenue Analytics . . . . . Peter Bach
Director of Food & Beverage Strategy & Analytics for VSE . . . Duncan Patton
Director of Analytics & Engineering . . . . . Victor Nguyen
CRM Analytics Engineer . . . . . Alex Buford
Partnership Strategy Analyst . . . . . Marcus Wong
Marketing Operations Manager . . . . . Kimber-Lynn Anderson
Marketing Data Analyst . . . . . Jacob Parker
Analytics Engineer . . . . . Aliya Schenck, Maddie Willett
Senior Manager of Marketing Analytics & Technology . . . . . Sora Moon

INFORMATION TECHNOLOGY

Director of IT/Information Security Officer . . . . . Sterling Monroe
Information Security Manager . . . . . Kendra Stracuzzi
Systems Administrator . . . . . Harold Boggs, Victor Blaiotta
Stadium IT Manager . . . . . Nick Johnson
IT Support Engineer . . . . . Jordan Griffith
Information Security Analyst . . . . . Tyron Ebuenga

COMMUNICATIONS & BROADCASTING

Director of Business Communications . . . . . Kaitlin Goodall
Director of Communications . . . . . Jeff Garza
Director of Broadcasting . . . . . Brian O'Connell
Director of Media Service Operations . . . . . Julie Barber
Communications Manager . . . . . Rich Gonzales
Communications Assistant . . . . . Christopher Whitehead
Executive Producer . . . . . Nasser Kyobe
Multi-Media Coordinator . . . . . Edwin Hooper
Administrative Assistant . . . . . Tricia Trageser

SEAHAWKS STAFF, continued

PREMIUM SERVICE & SUITE SALES

Director of Suite Sales . . . . . Mike Naehr
Director of Premium Service . . . . . Carolyn Murphy
Premium Service Manager . . . . . Devin Scelsi
Suite & Premium Sales Manager. . . . . Alex Branch
Premium Service Representative . . . . . Leann Coates
Suite Service Coordinator . . . . . Jenny Hagle
Premium Sales Representative . . . . . Garret Cardines Febre Jr.

COMMUNITY ENGAGEMENT

Managing Director of Community Engagement. . . . . Becca Stout
Community Engagement Manager . . . . . Kyle Dougherty,
. . . . . Kylie Miniefield, Emily Neighbors
Community Engagement Coordinator. . . . . Nia Lowery
Community Engagement & Legends Coordinator . . . . . Dajah Stallings

CORPORATE PARTNERSHIPS

Director of Partnership Development. . . . . Heather Harle, Craig Tomson
Managing Director, Partnership Development . . . . . Gina Martinez Todd,
. . . . . John Pleas
Managing Director, Corporate Partnerships . . . . . Shaun Angell
Director of Partnership Operations . . . . . Emily Sikma
Manager of Corporate Partnerships . . . . . Jasmine Garza, Schyler Hawkins,
. . . . . Kelsea Willenbrock
Manager, Partnership Development . . . . . Thomas Canedo, Steve Sloboda
Corporate Partnerships Operations Manager . . . . . Devyn Diolazo
Corporate Partnerships Coordinator . . . . . Dylan Cohn, Cassidy Davis

DIGITAL & EMERGING MEDIA

Senior Digital Media Reporter. . . . . John Boyle
Digital Operations Coordinator . . . . . Colin Gunther
Digital Media Coordinator. . . . . Ari Horton
Social Content Coordinator . . . . . Juliette Laurent-Michel, Christine You
Social Video Coordinator. . . . . Megan Martinez
Director of Digital Products . . . . . Matt Haberkamp
Digital Platforms Coordinator . . . . . Meghan Skapyak
Senior Manager of Digital & Branded Content . . . . . Graham Kinsinger
Manager of Digital Marketing Products. . . . . Matthew Beaird

MARKETING & GAME PRESENTATION

Creative Director . . . . . John Weaver
Senior Design Manager . . . . . Sydney Noland
Managing Director of Marketing . . . . . Allison Hoover
Director of Marketing . . . . . Dan Stropes
Marketing Manager . . . . Abbie Bergerson, Leah Johnson, Caroline Roberts
Marketing Design Manager . . . . . Donny Brock
Marketing Design Coordinator . . . . . Kaylee Seiber
Presentation Specialist . . . . . Keelan Wood
Director of International . . . . . Isabelle Van Coevorden
Administrative Assistant, Marketing & DEI . . . . . Carissa Hunt
Seahawks Dancers Director . . . . . Courtney Moore
Director of Production . . . . . Luke Benna
Senior Manager of Production. . . . . Lizzie Bergquist
Feature Editor . . . . . Nathan Hong Fisher
Video Production Editor . . . . . Derrick Froyalde
Senior Producer . . . . . Ian Portmann
Content Producer. . . . . Sol Sanchez Kim
Production & Media Asset Coordinator . . . . . Erika Wutherich
Producer, Social . . . . . Ben Reich
Director of Game Entertainment & Special Events. . . . . Tyler Cofer
Senior Manager of Game Entertainment & Special Events . . . . Dan Hardina
Fan Engagement Manager . . . . . Lee Herteg
Mascot Director . . . . . Shawn Christopherson
Game Presentation Coordinator . . . . . Addison Sutton

FOOD SERVICES

Head Chef. . . . . Stu McNabb
Food Services Manager. . . . . Bryan Acosta
Sous Chef . . . . . Juan Silva
Cook. . . . . Pedro Flores, Kevin Martinez-Jara,
. . . . . Marice McGirt, Alondra Perez Bautista, Diego Sanchez Rodriguez

FOOTBALL SUPPORT STAFF

Player Personnel Manager/Executive Assistant to GM . . . . . Sarah Ruttkay
Salary Cap Analyst/Assistant to GM . . . . . Joey Schneider
Football Operations Coordinator. . . . . Hailey Holtz
Personnel & Football Operations Assistant . . . . . Callie Minshew
Head Athletic Trainer . . . . . David Stricklin
Assistant Athletic Trainer . . . . . Mackenzie Marques, C.J. Neumann,
. . . . . Michael Tang
Rehab Coordinator . . . . . Trey Kunz
Performance Therapist . . . . . Kevin Kikugawa
Assistant Athletic Trainer/Physical Therapist . . . . . Ryan Jarema
Assistant Performance Dietitian. . . . . Sam Clark
Senior Director of Video Operations . . . . . Rob Porteus
Assistant Director of Video . . . . . John Mallory
Video Assistant . . . . . James Churchill, Jordan Clizer, Drew Scharenbroch
Director of Equipment . . . . . Erik Kennedy
Head Equipment Manager . . . . . Austin Bui
Assistant Equipment Manager . . . . . Derin Lazuta, Trevor Neal,
. . . . . Braxton McCullough
Managing Director of Security . . . . . George Englebright
Director of Football Analytics & Special Situations . . . . . Brian Eayrs
Special Projects/Football Analysis . . . . . Keller Chryst
Director of Player & Family Engagement. . . . . Connie Cate
Team Chaplain . . . . . Jon Rainey
Director of Team Operations. . . . . Jeremy Young
Team Clinician. . . . . Roy Fisher
Veteran Mentor . . . . . Jason Peters
Head Team Physician . . . . . Dr. Ed Khalfayan
Team Physician. . . . . Dr. Omar Bhatti, Dr. Jonathan Drezner,
. . . . . Dr. David Siebert, Dr. Nick Seibert

BOX OFFICE, TICKET SALES & SERVICE

Ticket Operations Manager . . . . . Erin Johnson
Director of Ticket Operations/FGI. . . . . Ryan Coffey
Assistant Ticket Operations Manager . . . . . Chad Kennedy
Ticket Operations Manager/FGI. . . . . Andrea Phipps
Managing Director of Ticket Sales & Service . . . . . Lindsay Walker
Ticket Sales & Service Manager. . . . . Steve Lund
Ticket Sales & Service Representative . . . . . Sara Cooley, Joey Dionisio,
. . . . . Ruby Fera, Blake Fry, Lacey Robertson
Ticket Services Coordinator . . . . . Quinton Miller

SEAHAWKS AND FIRST & GOAL STAFF

RETAIL OPERATIONS

Managing Director of Consumer Experience . . . . . Doug Orwiler
Director of Retail . . . . . Ryan Olson
Senior Merchandise Manager . . . . . Vikki Knopf
Merchandise Coordinator . . . . . Kailee Dorland
Assistant Buyer . . . . . Francesca Taporco Tyson
Stadium Retail and Events Manager . . . . . Jessica Valverde
Flagship Pro Shop Manager . . . . . Jeremiah Whipple
Flagship Pro Shop Assistant Manager . . . . . Kelvin Nguyen
Landing Pro Shop Manager . . . . . Michael Camero
Distribution Center Senior Manager . . . . . Patrick O'Connor

FIELDS & FACILITIES

Director of Fields . . . . . Sean Vanos
Director of Facility Operations . . . . . Dan Cramer
Facilities Manager . . . . . Rick Sannes
Lead Facilities Assistant . . . . . Alex Wentz
Facilities Assistant . . . . . Lee Lynch
Fields Lead . . . . . Jordan White
Fields Supervisor . . . . . Marcos del Toro
Fields & Facilities Assistant . . . . . Drew Sanders
Fields Assistant . . . . . Ryon Zolotsky

RESEARCH & ANALYTICS

Director of Research & Analytics . . . . . Patrick Ward
Senior Football Research Analyst . . . . . Becca Erenbaum
Football Research Assistant . . . . . Peter Engler
Application Developer . . . . . Monte Happ, Joseph Nicoletti
Database Administrator . . . . . Dan Skutt

EVENT OPERATIONS/ADMINISTRATION

Assistant General Manager . . . . . Scott Neal
Director of Guest Services/FGI . . . . . Amy Swisher
Guest Services Manager/FGI . . . . . Ellie Henderson
Guest Services Coordinator/FGI . . . . . Tonya Senff
Training & Employee Experience Manager/FGI . . . . . Amanda Marr
Recruiting & Employee Experience Coordinator/FGI . . . . . Brea Gulley
Director of Event Operations/FGI . . . . . Ronny Bush
Event Production Manager/FGI . . . . . Nick Cates
Assistant Director of Event Operations/FGI . . . . . James Kraman
Event Manager/FGI . . . . . Melanie Kondziola, Andrea McConnell
Logistics Manager/FGI . . . . . Sarah Cahill
Operations Finance Senior Manager/FGI . . . . . Lisa Zevenbergen
Executive Assistant/FGI . . . . . Kristen Lopez
Human Resources Administrative Assistant/FGI . . . . . Gillian Nguyen
Contract Specialist/FGI . . . . . Charlie Mayes

SECURITY

Security Manager/FGI . . . . . Lisa Salinas
Event Security Manager/FGI . . . . . Matthew Boop
Lead Security Officer/FGI . . . . . Dan Stone
Full-time Security Officer/FGI . . . . . Adrian Cordoba-Almeida, ... , Lowen Oliveros-Roldan, Ron Pawliuk, Jonathan Perez, ... Chris Pulju, Charmus Roberson, Robert Schisler, Michael Turner
Parking Supervisor/FGI . . . . . Mimi Bekele, Vincent Speziale

FACILITY OPERATIONS & CONVERSION

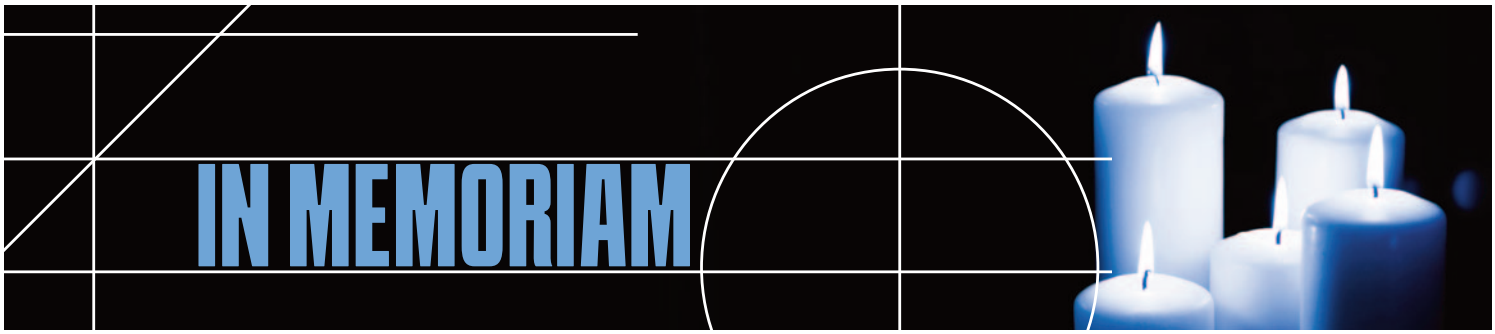
Managing Director of Facilities/FGI . . . . . Kathy Brown
Facilities Project & Contract Manager . . . . . Chris Dodd
Logistics & Sustainability Manager/FGI . . . . . Christy Briggs
Senior Operations Lead/FGI . . . . . Jacob Davis
Building Operations Engineer/FGI . . . . . Brian Bies, William Gonzalez . . . . . James Green, Ryan Karns, Steven Reynolds
Operating Engineer/FGI . . . . . Chris McHale
Lead Engineer/FGI . . . . . Mike Apple, Kenneth Mayes
Utility Workers/FGI . . . . . Tracey Belden, Karleen Brigham, David Gentry, ... Max Kirkach, Jose Martinez, Amilio May, ... Jhordan McNabb, Francisco Ramirez, Dan Scheeler
Director of Fields & Conversion . . . . . John Wright
Senior Manager of Fields & Conversion/FGI . . . . . Sam Town
Utility Coordinator/FGI . . . . . Jack Matheson
Fields Supervisor/FGI . . . . . Patrick Burnette
Fields Lead/FGI . . . . . Raul Rios
Fields Crew/FGI . . . . . Firaol Adem, Fritz Short
Conversion Supervisor/FGI . . . . . Bobby Emerson
Conversion Lead/FGI . . . . . Josh Patch
Conversion Crew/FGI . . . . . Vincent Cooper, Maxwell Henderson

TECHNICAL SERVICES

Director of Technical Operations/FGI . . . . . Mike Tremel
Senior Technical Operations Manager/FGI . . . . . Dave Pinney, Mike Scerra
IT Support Specialist/FGI . . . . . Jon Poiana
Audio Visual Technical Specialist/FGI . . . . . Pablo Quintana
Digital Signage Operations Coordinator . . . . . Paula Bersie

SALES & MARKETING

Director of Bookings/FGI . . . . . Monica Alfieri
Booking & Contracts Coordinator/FGI . . . . . Sophia El-Wakil
Marketing Manager/FGI . . . . . Alexa Coyle
Marketing Coordinator/FGI . . . . . Aaliyah Robinson



The Seahawks honor the 12s lost this past year. Thank you for your passion and dedication.

Donald Andrews
Jerry Austin
George Berkman
Lois Berry
Walter Berry
Claudia Best
Lois Brown
Walt Cassidy
Betty Coates
Nathan Coates
Travis Coleman
Alysia Coley
Tim Comyn
Gary Crawford
Michelle Curry
Colleen Dalton
Alan Erickson
Jerald Farley
Paul Fernandez
Margaret Fourhman
Alicia Gmeiner
Don Hasselbeck
Dale Havens
Denton Hineline
George Hindman
LaQuita Holland
Richard Jackling
Carol James
Melvin Jenkins Jr.
Ken Kelley Sr.
Riane Kendall
Ralph Knudsen
John Korosky
George Krieger
Kara Leishman
Andy Lock
Preston Lord
Mike Lude
Donna Luepnitz
Lynn Luepnitz
Ashley Mai

TOMMY BRASHER
Assistant Coach: 1940 – 2025

CHICK HARRIS
Assistant Coach: 1945 – 2025

AL MATTHEWS
Safety: 1947 – 2025

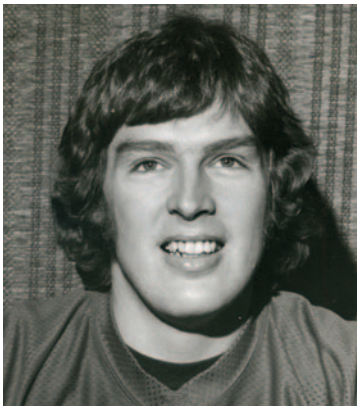
JOHN MONSON
Facilities Director: 1940 – 2025

TONY VENTRELLA
Digital Media Host: 1944 – 2024

DEAN WELLS
Linebacker: 1970 – 2025

Kaleb Miles
Greg Munroe
Tom Neilson
Gordon Nelson
Wendell Nuguit
Irene Peacock
Duane Person
Joan Pihl
Samuel Roseberry
Art Shepard
Jazmin Smith
Scott Smith
Joseph Spencer
Margaret Spense
Ken Stanford
Eugene Straw

Gary Taller
Paul Taylor
Kedron Thomas
William Tomisser
Dale Tracy
Mark Turner
Kyle Uecker
Loretta Webber
Dave Williams
Willie Winston Jr.
John Wolf



DAVE WILLIAMS
Wide Receiver: 1945 – 2024

CREDITS

The 2025 Seahawks media guide has been produced by the club's communications department, under the direction of Dave Pearson, Chief Communications Officer. Information contained herein was compiled by current and previous communications staffs. Editing by Communications Manager Rich Gonzales. Writing and editorial assistance provided by Julie Barber, Jeff Garza, and Chris Whitehead. Special thanks to Don Andersen, Gary Wright, Dave Neubert, former public relations directors, Steve Wright and Lane Gammel. Layout and design by Janet Jensen of Jensen Graphics, also Dave Eliasberg and Dean Higginbotham. The 2025 Seahawks media guide is powered by Ingeneerium/NFLOMG. **Photography:** Photos contributed by Rod Mar, Corky Trewin, Edwin Hooper, Seahawks Community Engagement, Pro Football Hall of Fame, and AP Images.